



STILL TITANS OF NFL

Tennessee locks of top spot in AFC.

SPORTS, A5

\$1.6 BILLION WENT TO BAILED-OUT BANK EXECES

NATION & WORLD, A12

SLEEP SOUNDLY

Find five ways to get a better night's rest.



HEALTHY & FIT, B1

TIMES-NEWS

Monday, December 22, 2008

MagieValley.com

75 cents

YIELDING TO



A truck travels east on Second Avenue North on Friday afternoon in Twin Falls.

JUSTIN JACKSON/Times-News

Officials warn of winter driving hazards

By Ben Bottig
Times-News writer

For all its natural beauty, snow can still cause an ugly mess on the road. In Twin Falls, for example, more than 60 vehicle collisions have taken place in the past week, with wintry conditions serving as the driving force behind the accidents.

On Sunday evening, snowy conditions contributed to more than 20 vehicle slide-offs throughout the Magic Valley — including a dozen between 7 p.m. and 8:20 p.m., according to Southern Idaho Regional Communications Center. Luckily, no injuries were reported.

For those heading out onto snow-covered streets and highways, there are common sense ways to stay safe and prevent becoming another statistic, police said. One of the top priorities: lighten up that lead foot and take it slow.

"Very frequently at this time of year one of the major factors in those accidents is

Check conditions

Motorists with a mobile Web device like a cell phone can access 511.idaho.gov for information about highway conditions and camera images of highways. Also, cameras stationed along Idaho's major roads provide an updated look at road conditions. To view the photos, go to 511.idaho.gov and click "Cameras" after selecting your proper bandwidth page.

Source: Idaho Transportation Department

drivers not slowing down to allow for the conditions," said Capt. Matt Hicks of the Twin Falls Police Department.

With urban driving, where there are far more intersections, this is especially important. Just because one vehicle can stop doesn't mean the driver coming from the other direction can, too.

"They need to anticipate other people not being able to stop," Hicks said, adding that intersections are a danger zone motorists must be aware of.

Pedestrians must also be aware that vehicles might not be able to slow down as quickly as they do when no snow is on the ground, Hicks said.

Preparation is key, too. The first step is to start early. Motorists need to allow extra time to warm up the engine, clear off the windshields and drive a little longer than usual.

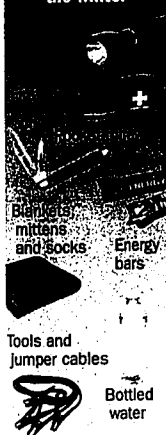
If they don't start sooner, they're more rushed — and likelier to have an accident, Hicks said. Cassia County Sheriff Jim Higgs has simple advice for people wanting to be safe: stay home.

But, of course, with Christmas right around the corner, that might not work for everyone.

Higgs also said motorists with four-wheel drive

Please see DRIVING, Page A2

Must have in your car during the winter



The name game

Lawmaker criticized for wanting bloggers to identify themselves

By Jared S. Hopkins
Times-News

The newest Magic Valley state legislator says he's considering introducing legislation to require people to use real names when posting comments on blogs and news Web sites.

Rep. Stephen Harigen, R-Twin Falls, who was appointed in July to the Legislature, said public policy debate on the Internet has gone ugly, and to restore accountability he is creating a bill to mandate people use real names for commenting and blogging online.

"I think a modest proposal that simply required the posting of a true name with respect to comments and blogs would go a long way to ... remove the

Please see BLOGS, Page A2

On the Web

Read the Times-News political blog at magievalley.com/blogs/capitolconfidential

Gould's goals for Idaho

ISDA director discusses lt. gov. post, budgets

By Nate Poppino
Times-News writer

Two years at the helm of Idaho's agricultural agency isn't quite enough for Cella Gould.

Gould, director of the Idaho State Department of Agriculture, said Thursday that she removed her name from contention to become lieutenant governor because she's got a lot of unfinished business in her current post.

In a phone conversation with the Times-News editorial board, Gould, from Buhl, talked about being the state's No. 2 state official, Idaho's economic woes and the upcoming 2009 Legislature, among other topics.

Please see GOULD, Page A2

"The money is still there."

— Cella Gould, director of the Idaho State Department of Agriculture on the future of a state dairy research lab being built in the Magic Valley.

Obama's election voted top news story of '08

By David Cray
Associated Press writer

NEW YORK — The epic election that made Barack Obama the first African-American president was the top news story of 2008 — followed closely by the economic meltdown that will test his leadership, according to U.S. editors and news directors voting in the Associated Press' annual poll.

The campaign, with subplots emerging throughout the year, received 100 first-place votes out of 155 ballots cast for the top 10 stories. Two other political sagas — the history-making

Please see TOP, Page A2



Obama



Paul

GIVING AWAY CHRISTMAS

Kimberly group gives out toys, food for kids, seniors

Hope for the Holidays

East End Providers

Contact: 229 N. Main St. in Kimberly; 539-2598

Primary mission: Provide toys, clothes and food to children and seniors. Want to donate? The group needs coats, shoes, toys; cash donations at Wells Fargo or First Federal are tax-deductible.

By Jared S. Hopkins
Times-News writer

On Christmas, some items are more important than others. Kids like toys under the tree. Seniors need turkeys at dinner.

The East End Providers ensure the holiday is complete — even with the big man in the red suit and black boots.

The charitable group from Kimberly collects toys, clothes and food to distribute to children under 16 years old and senior citizens in Kimberly, Murtaugh and Hansen, in hopes that everyone can enjoy a Christmas including all the holiday spirit.

East End Providers, run by Cecille Griffith for 30 years, works with groups throughout the year. During the holiday season, the group works with local businesses, including Salvation Army and KMVT. Four people dressed as Santa Claus will hand the gifts out Tuesday.

Griffith said the troubled economy has caused fewer people to make donations this Christmas — but more people applied for food and clothes. The approximate 50 senior citizens are about 25 more than usual who need food.

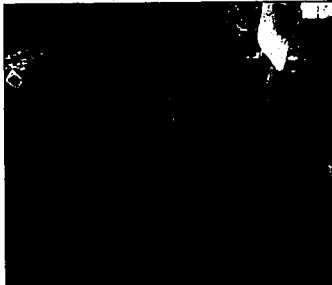
"They just don't have enough food," Griffith said. Meanwhile, the 250 kids

that are expected to receive clothes and toys is an increase from the typical 220.

"If we didn't do it some kids wouldn't have Christmas," Griffith said. "I love to do this. I love people."

The items are marked so the kids can use the toys and clothes without the risk of their parents returning them, she said. Griffith said kids need the gifts and clothes, or they'll feel like they're not experiencing the same Christmas as their friends. She said last week about 700 out-fits will be handed out.

"This is for the kids," she said. "Some parents are idiots. We love the kids."



Cecille Griffith, organizer of East End Providers — which accepts toys, clothes and food and then distributes them to needy people — stands among gifts Thursday. Griffith expects the organization to give 1,000 gifts this season.



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Service DirectoryB9

SudokuB8
Today in HistoryB11
To do for YouB2
WeatherB12

High: 31 Low: 19

Snowing at times. Details: B12 and live at magievalley.com/weather

MORNING BRIEFING



TODAY'S HAPPENINGS

ARTS AND ENTERTAINMENT

Musical version of "A Christmas Carol" presented by Laughing Stock Theatre, 7 p.m., noStage Theatre, 120 S. 1st, Hetham, \$20 for adults and \$10 for children, (208) 726-4857.

Poppelwell Elementary Honor Choir annual Christmas concert, traditional carols, contemporary selections and Handel's "Hallelujah Chorus" directed by Kathy LaGrone, 7 p.m., Poppelwell Elementary School gym, Buhl, open to the public, no cost, 543-8225.

BENEFITS AND FUNDRAISERS

Caleb Collins/Jaime Thietzen Christmas Concert, benefit concert for Friends of Hospice, 6:30 p.m., First Assembly of God, 143 Locust St. N., Twin Falls, admission: non-perishable food item, 733-5349.

CLUBS AND ORGANIZATIONS

Gooding Lions Club meeting, for men and women interested in identifying and meeting needs in the community, 6 p.m., Sally's, Main Street, new members welcome, 934-4141.

Twin Falls Chess Club / Magic Valley Chess Club meeting, 6 to 9:30 p.m., Barnes & Noble Bookshelves, 1259 Poitelle Road, Twin Falls, (208) 732-6188 or MVL@q.com.

Civil Air Patrol, 7 p.m., Burley Airport, 678-0043 or 878-8880.

Syringa Lions Club, 7:30 p.m., United Methodist Church meeting room, 605 H St., Rupert, 436-9862.

GOVERNMENT

Lincoln County commissioners, 8:30 a.m., courthouse, 111 W. B. Shoshone, 886-2173.

Twin Falls County commissioners, 9:30 a.m., courthouse, 425 Shoshone St. N., 736-0088.

Cassia County commissioners, 9 a.m., courthouse, 1459 Overland, Burley, 878-7302.

Elmore County commissioners, 9 a.m., courthouse, 150 S. Fourth E., Mountain Home, 587-2123.

Goodie County commissioners, 9 a.m., courthouse, 624 Main, 934-4841.

Jerome County commissioners, 9 a.m., courthouse, 300 N. Lincoln, 644-2700.

Minidoka County commissioners, 9 a.m., courthouse, 715 G St., Rupert, 436-7111.

Twin Falls City Council, 5 p.m., council chambers, 305 Third Ave. E., 735-7274.

Ketchikan Planning and Zoning Commission, 5:30 p.m., City Hall, 480 E. Ave. N., 726-7801.

Buhl City Council, 6 p.m., council chambers, 203 Broadway Ave. N., 543-5650.

Hayley City Council, 6 p.m., City Hall, 115 Main St. S., 768-2111.

Jerome County Planning and Zoning Commission, 7 p.m., courthouse, 300 N. Lincoln, 324-9116.

HEALTH AND WELLNESS

Fit and Fall Proof Exercise Class, 10 to 11 a.m., Blaine County Senior Connection, 721 S. Third Ave., Halley, no cost, 737-5988.

Fit and Fall Proof Exercise Class, 10:30 to 11:30 a.m., Ageless Senior Citizens, Inc., 310 Main St. N., Kimberly, no cost, 737-5988.

SliverSneakers Fitness Program, innovative exercise program designed specifically for Medicare beneficiaries' unique health and physical needs, 11:15 a.m. to noon, Twin Falls YMCA, 1751 Elizabeth Blvd., no cost for Humans-insured or YMCA members and \$5 per class for non-insured, 733-4384.

Fit and Fall Proof Exercise Class, 1:30 p.m., front lounge, Woodstone Assisted Living Facility, 491 Caswell Ave. W., Twin Falls, no cost, 737-5988.

Choices for Recovery, a non-traditional, 12-step spiritual program open to all faiths, issues and addictions, 4 to 5:30 p.m., west conference room, Minidoka Memorial Hospital, Rupert, no cost, 423-3741.

Recovery for Life: "Find Help, Discover Hope, Experience Healing", includes Divorce Care, Grief Share, Financial Peace, Co-dependency for Women, 12-Step HOPE (addiction recovery), 6 to 6:45 p.m., meal served and 7 p.m. meetings, Twin Falls Reform Church, 1633 Grandview Drive N., corner of Grandview Drive North and Pole Line Road, 733-6128.

LIBRARY

Family Film Festival, "It's a Wonderful Life" with brief film discussion by Rob Mayer, 7 p.m., Burley Public Library, 1300 Miller Ave., no cost, popcorn and punch provided, 878-7708.

SEASONAL EVENTS

Christmas at the Center, traditional Christmas Dinner, Hagerman Valley Senior and Community Center, 140 E. Lake St., Hagerman, 837-6120.

To have an event listed, please submit the name of the event, location, date, time, place, cost and contact number to Suzanne Brown, city editor at sbrown@magvalley.com; by fax, 734-5538; or by mail, Times-News, PO.Box 548, Twin Falls, ID 83303-0548. Deadline is noon, four days in advance of the event.

Pat's Picks ... Pat Marcantonio

Three things to go and do today

- Enjoy the food and camaraderie at the traditional Christmas dinner at the Hagerman Valley Senior and Community Center, 140 E. Lake St., Hagerman.
- The Poppelwell Elementary School Honor Choir entertains at its Christmas concert with traditional carols, contemporary selections and the

"Hallelujah Chorus" from Handel's "Messiah" at 7 p.m. at the school gym, 200 N. Sixth St., Buhl. There's no cost.

- Indulge the inner artist at a creative arts class for ages 12 to adults from 6:30 to 8 p.m. Mondays at the Twin Falls Creative Arts Center, 249 Main Ave. W. You can learn painting, drawing,

sculpting and other arts. Beginners, intermediate and advanced students are welcome. Cost is \$45 per month. More info? Call 737-9111.

Have your own pick, you want to share? Something that is unique to the area and that may take people by surprise? E-mail me at patm@magvalley.com.

Blogs

Continued from page A1

(angry) quality in public debate," he said. "I discourage people from participating in me, it reflects a coarsening and cheapening of public debate, which I think is not healthy for Idaho."

Hargren is a former publisher and managing editor of the Times-News. He has not been affiliated with the newspaper or its parent company, Lee Enterprises, since 2005.

The idea has already circulated across Idaho in news articles and editorials, and it's sparked a firestorm in the blogosphere, where nearly everyone here was critical.

The issue's reached people outside Idaho, including Seattle's Dave Niewert, a former Times-News staffer, who has written and now a freelancer and blogger.

At the blog Crooks and Liars, he writes, "Here's a reality check for Steve: A lot of people use pseudonyms because they face employment or other personal repercussions for making their real opinions public, particularly if they criticize the powerful. (I know you know all about that, too, Steve.) Taking away that

cover will remove valuable voices and important perspectives from the public dialogue."

In an interview, Niewert said the bill wouldn't be enforceable or hold up in a court challenge.

"It's just true silliness," he said. "Most of the public is capable of discerning the split between an anonymous commentator and the stuff from a serious journalist."

Hargren acknowledged he's seen some online feedback to his idea and said the anonymous postings prove his point.

"If you look at some of these blog comments, they demonstrate what I'm after," he said. "They insult people, they insult each other, they insult the blog managers."

Democrats criticized the idea, and Rep. Wendy Jaquet, D-Keetchikan, said the state should stay out of the matter and people who are concerned should contact the company running the Web site.

"It just seems to me that ought to be a policy of the publication," said Jaquet, a legislator for about 15 years.

Hargren said debate is

healthy, and compared venting done with letters-to-the-editor in newspapers.

"If people know their name will be in the paper, they write more thoughtfully, with more care and less angrily," he said.

He said an enforcement mechanism isn't final, but one possibility is to rely on private citizen actions empowered through district court. "He said he might propose including the issue into the Consumer Protection Act."

The proposal would not deal with the content," he said. "It would be merely dealing with the name."

Hargren said he's unsure if he'll formally introduce a bill but said "almost everybody I've talked to says it has merit."

He said he is more likely to introduce a bill to expand harassment statutes to Internet use, citing the recent case in which a Missouri woman sued a teenage boy on Myspace and communicated with a girl who eventually killed herself.

Jared S. Hopkins may be reached at 208-735-3294 or jhopkins@magvalley.com.

Top

Continued from page A1

candidate of Hillary Rodham Clinton and Sarah Palin — also made the cut.

"The vast economic crisis, plunging the U.S. into recession and ravaging many business sectors worldwide, was the No. 2 story, receiving 48 first-place votes. The precipitous rise and fall of oil prices was No. 3."

The top story of 2007 was the massacre of 32 people at Virginia Tech University by a mentally disturbed student gunman.

Here are 2008's top 10 stories, as voted by AP members:

- **1. U.S. ELECTION:** Obama emerged from Election Night as a decisive victor and a symbol for the world of American democratic promise. But he reached that point only after a grueling battle with Clinton for the Democratic nomination and then an often-nasty showdown with the McCain/Palin ticket in the run-up to the election.

- **2. ECONOMIC MELTDOWN:** The bad news kept coming — collapses of Wall Street giants; huge stock market losses; plummeting home prices and a surge of foreclosures; record unemployment rates for U.S. automakers. It added up to the worst economic crisis since the Great Depression, and will cost the federal government well over \$1 trillion in various rescue

- and stimulus packages.
- **3. OIL PRICES:** The global economic angst produced hyper-volatile energy markets. The price of crude soared as high as \$150 a barrel in July before crashing to \$33 this month. In the U.S., the average price for a gallon of regular gas peaked at \$4.11, then plunged below \$1.70.
- **4. IRAQ:** The much-debated "surge" of U.S. troops helped reduce violence after more than five years of war, but Iraq is still buffeted daily by bombings, ambushes, kidnappings and political uncertainty. A newly ratified U.S.-Iraq security agreement sets a timetable for U.S. troop withdrawal by 2012.

- **5. BEIJING OLYMPICS:** China hosted the Olympics for first time, drawing praise for logistical mastery and condemnation for heavy-handed security measures. The games themselves were rated a success, highlighted by the record-shattering performances of swimmer Michael Phelps and sprinter Usain Bolt.

- **6. CHINESE EARTHQUAKE:** A huge quake in May killed 70,000 people in Sichuan province and left 5 million homeless. Many thousands of children were among the victims — authorities said about 7,000 classrooms were destroyed in shockingly built schools.
- **7. SARAH PALIN:** Few Americans outside Alaska knew much about its govern-

nor when Republican John McCain picked her as his running mate. That changed rapidly. To her conservative admirers, she was a feisty, spunky challenger to most politicians; to her critics, she was in over her head, and worthy of all the lampooning she endured.

- **8. MUMBAI TERRORISM:** Ten attackers allegedly sponsored by a Pakistan-based Islamic group terrorized India's financial capital in November, killing 164 people in coordinated attacks on hotels, markets and a train station, India's sprawling uneasy relations with Pakistan were badly strained.

- **9. HILLARY CLINTON:** She didn't win, but Clinton came closer than any other woman in U.S. history to becoming a major party's presidential nominee. Her determined primary campaign, waged vigorously even when it seemed a lost cause, inspired millions of women across the country — and helped persuade Obama to choose her as secretary of state.

- **10. RUSSIA-GEORGIA WAR:** The two nations waged a five-day war in August ignited by a Georgian attack on a Russian-ruled region of South Ossetia. Russia responded with a drive deep into Georgian territory, causing severe economic damage and aggravating already troubled Russia-US relations.

Gould

Continued from page A1

"Being lieutenant governor was a dream that I had for a long time," she said, adding she "thought long and hard" before deciding not to pursue it. "This is the level where I can hide out" from political fights, she joked near the end of the interview.

Asked how the department is meeting what will become in the 2010 budget a 10 percent holdback, or cut, Gould said she's trying a number of things.

ISDA was one of a couple of state departments to go through a zero-based budgeting process earlier this year, meant to find efficiencies and determine what level of funding the department actually needs for its programs. The process has paid off, Gould said, helping officials find places to cut without much harm — including administrative and

marketing costs.

An empty position in the budget program has disappeared, and the agency's water program has gone through some consolidations, though she said its employees are working with the state department of Environmental Quality and Water Resources to coordinate water and save money.

ISDA's noxious weeds program has been severely cut, but most of that has been replaced with a federal grant that should cover next year, Gould said. The agency doesn't plan to add to the two mandatory leave-without-pay days it already named for its employees. And the holdbacks won't affect the regulation and enforcement work done by the dairy buyers, which is funded by money from producers' milk checks, Deputy Director Brian Oakes said.

Officials won't request new

legislature convenes next month and will instead focus on keeping current programs intact, Gould said. Asked what she thought of creating a veterinary school in Idaho to make up for the shortage of vets, she said she wasn't sure it was the best idea.

"I don't know that that's realistic," she said, adding she hopes moving a state lab into a planned dairy research center in the Magic Valley "will give vets both a place to train and incentive to stay in the area."

The research center is largely a project of the University of Idaho. But ISDA is handling the lab move and design, and Gould said those plans are proceeding.

"The money is still there," she said.

Nate Poppino may be reached at 208-735-3237 or npoppino@magvalley.com.

Driving

Continued from page A1

vehicles need to remember they too should take it slow on the road.

"Even if you have a four-wheel drive, it still takes you time to stop," he said. "The four-wheel drive doesn't help you stop."

Twin Falls County Sheriff's Office Spokesman Lori Nebeker echoed that here, saying that drivers should increase the distance between the vehicles in front of them.

"Watch out for the other

driver," she said, adding that motorists should make sure their tires are in good shape.

Of course, motorists have hope for the best. But they should also prepare for the worst, and pack an emergency kit in their vehicle.

The Idaho Transportation Department recommends packing a flashlight and batteries, a first aid kit, jumper cables, blankets, mittens and socks, energy bars, bottled water and tools.

And don't forget the jumper cables and car litter

for getting your vehicle unstuck.

And one safety tip needs to be followed throughout the year: officials said.

"Always wear your seat belt," said Mel Coulter, spokesman for ITD.

The best thing to do is anticipate what kind of conditions you'll be in before you get into the Coulter said.

"Winter is upon us," he said. "We like to see people stick around through winter and see the warm days of spring."

TIMES-NEWS

CREATION

Creationist director Louis Servant ... 733-3227

Jan Lyle and other ... 733-0201, ext. 1

Burly Rural Post Online ... 878-2701

Creationist Phyllis Speers ... 6 to 8 p.m. daily and 6 to 11 p.m. on weekends for questions, orders, new subscriptions and vacation issues. If you don't receive our paper by 6:30 a.m., call the number by day and below 11 a.m. on weekends

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Snowpack levels

Water shed	Seasonal percentage
Salmon	58% 19%
Big Wood	23% 14%
Little Wood	12% 13%
Big Lost	50% 16%
Little Lost	63% 22%
Big Lost/Fish/Trion	65% 20%
Upper Snake Basin	66% 23%
Oakley	60% 17%
Salmon Falls	60% 19%
	All of Dec. 23

*Go to Magvalley.com to find a ski report at the Snow Center.

COMING UP IN THE ID

BETWEEN FENCES

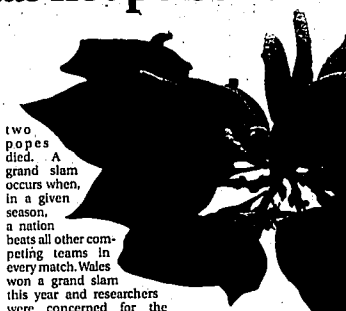
A Smithsonian traveling exhibit opens in Twin Falls

LEAD BY THE IDAHO ENVIRONMENT

Stop the presses! Poinsettias not poisonous!

Holiday and other myths debunked by British journal

By Thomas H. Maugh II
Los Angeles Times



two popes died. A grand slam occurs when, in a given season, a nation beats all other competing teams in every match. Wales won a grand slam this year and researchers were concerned for the health of Pope Benedict XVI.

Contrary to popular belief, poinsettias are not toxic to people or animals, suicides do not increase over the Christmas holidays and sugar does not make kids hyperactive. Also, Wales winning the rugby grand slam does not influence the death of popes, and there is no magic cure for a hangover. Those are some of the conclusions of a report in the British Medical Journal's annual Christmas issue, a compilation of the weird and light-hearted papers its editors accumulate over the year. A related vein, a report in the journal *Lancet* details the curious case of a woman who fainted every time she ate a sandwich.

The supposed toxicity of poinsettias has been a subject of warnings as long as the red and white flowers have been associated with the Christmas holiday, but numerous reports from poison control centers do not support the warnings, according to Dr. Rachel C. Voceman and Dr. Aaron E. Carroll of the Indiana University School of Medicine. They reviewed nearly 900 calls to such centers reporting poinsettia consumption and found that none of the incidents resulted in serious illness and few even produced any symptoms. Moreover, feeding experiments in animals show no effects even at very high consumption, they found.

Similarly, they reviewed data on suicides in the United States for the last 35 years and found no increase before, during or after the holidays. In fact, despite widespread talk about winter gloom's effects on humans, they found that suicides peak in the summer and are lowest in winter. They conclude that people actually receive additional emotional and social support during the holidays, minimizing suicidal thoughts.

Other myths also are not supported by fact, they said. A variety of studies show that children who consume large amounts of sugar are no more hyperactive than those who don't. But parents who think their kids have eaten sugar, even when they haven't, tend to rate them as being more hyperactive. The ill-mannered behavior, the authors wrote, was "all in the parents' minds." Other myths that have been disproved: not wearing a hat causes one to lose excessive body heat and eating at night makes you more likely to pack on the pounds. Also, they found, there is no cure for a hangover that consistently works. Urban folklore in the United Kingdom holds that every time Wales wins the rugby grand slam, a pope dies — except for 1978 when Wales was really good, and

Researchers reviewed nearly 900 calls reporting poinsettia consumption and found that none of the incidents resulted in serious illness and few even produced any symptoms. Moreover, feeding experiments in animals show no effects even at very high consumption, they found.

And finally, cardiologists Dr. Christopher J. Boos and Dr. Howard Marshall of University Hospital Birmingham treated a 25-year-old woman who suffered repeated fainting episodes, particularly when eating a sandwich or drinking fizzy drinks. A full medical work-up showed her to be healthy overall, but the team ultimately diagnosed a condition called swallow syncope, which caused her heart to stop beating for as long as 3 seconds after some types of swallowing — especially sandwiches, for no clear reason.

Fitting her with a pacemaker cured the problem and the woman has had no fainting episodes since, Boos and Marshall reported in the *Lancet*. They suspect that many other patients suffer the problem without being diagnosed.

Twin Falls Council to dole out municipal outsource grants

Times-News

The Twin Falls City Council is scheduled tonight to decide which community groups will receive nearly \$105,000 as part of a program the city created to financially assist local efforts.

The Municipal Outsource Grants will go to six community groups if the council accepts recommendations by a subcommittee consisting of council members and city officials. Although the city officially uses the term "grants," the money is merely general fund money from the city budget.

Applicants are scored based on pre-determined data, including demonstrating a financial need and whether the group provides a responsibility that would provide or enhance a city service. The city's had the program since 2002, increasing its investment each year.

Nine groups applied this year, according to a city staff report. The largest amount recommended was \$31,500 to Trans IV Buses, which had sought \$40,000.

The sub-committee recommended just below the amount budgeted for the grants, \$105,000.

Other agenda items include: Discussion on the city's proposed comprehensive plan, including impact fees.

- Discussion on potential utility system facilities charges.
- Consideration of a contract between the city and STRATA Geotechnical Engineering & Materials Testing to perform rock fall evaluation and analysis, as well as recommendations to improve Canyon Springs Road.

The item was discussed at a recent meeting, and city staff revised the contract at the council's request. Consideration to purchase a new Ultraviolet Treatment System for \$49,580 for the city swimming pool. Council meeting began at 5 p.m. at 305 Third Ave. E. and are open to the public.

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Idaho photographer pulls angler from ice

MALAD (AP) — A 46-year-old Idaho Falls photographer used an extension cord and his truck to help rescue an elderly angler whose venture out on thin ice nearly killed him.

Clay Ross had just finished a job in southeastern Idaho and was returning home on U.S. Interstate 15 near Malad's Devil Creek Reservoir when he saw two men struggling near the boat ramp.

A recent cold spell had frozen the surface of the popular fishing hole, and Scott Ravsten, a 78-year-old resident of nearby Tremonton, Utah, says he wandered onto the ice with a ski pole as a probe before falling through. His brother, 76-year-old Judd Ravsten, of Malad, was struggling to help when Ross arrived.

"I knew I didn't have much in my truck, but I did have an extension cord," Ross told the State Journal. "I grabbed it and went out on the ice, laid down on my stomach and tried to flatten myself out the best I could."

Judd Ravsten, who is dependent on portable oxygen, had already through his brother one end of a ratcheting tie-down strap, but was too weak to get his brother from the water.

"I thought, 'This is useless,'" Scott Ravsten recalls, of his brother struggling at the other end of the line. "I thought I'd had it."

Ross tied the extension cord to the tie-down strap,

then secured the extension cord to a towing hook on his truck. As he started to move the truck, however, Ravsten lost his grip on the strap and slipped back into the water.

On his second attempt, Ravsten wrapped the strap several times around his arm, so Ross was able to pull him to safety. Ravsten used the last of his reserves to get his leg onto the ice.

"I gave it another tug and he came out of the ice and I pulled him all the way across the ice and up onto the bank," Ross said.

Ravsten, who couldn't walk after his ordeal, required treatment at the Portneuf Medical Center in Pocatello because he'd spent 15 minutes in the icy water and was suffering from hypothermia.

"When they checked him at the lake, his temperature was 96 degrees, which is really unheard of," said Dr. Steve Johnson, who helped save Ravsten. "I was worried about his kidneys shutting down. His extremities, they were just purple, so I was worried about his losing his feet or hands or something."

By late last week, Ravsten's organs hadn't failed and he still had all his limbs. By Friday, he was able to sit up in his hospital bed and tell the story of his near-death experience.

"I started thinking about sinking," Ravsten said. "I was thinking about my wife. I wondered how long it would take to lose consciousness."

Doctors seek treatment for own ailments

BOISE (AP) — At least 27 Idaho doctors and physician assistants are currently seeking long-term treatment for addictions, mental illnesses and other problems, according to the Idaho Board of Medicine.

These caregivers make up what people in the industry say is a growing number of professionals whose job is to care for others but who are struggling themselves, often as a result of pressure from insurers, the government and even demanding patients.

"I think the stress may be an added factor," Dr. Steven Morano, an Idaho Falls neurosurgeon and state Board of Medicine chairman, told the Idaho Statesman.

Across Idaho, there are about 4,000 doctors, or about 1,000 more than a decade ago.

In the last 20 years, 104 medical professionals whose cases were reported to the board have sought treatment for substance abuse, mental illness or other problems, the Board of Medicine said recently.

The board's recently released statistics show the No. 1 drug of abuse is alcohol, which was abused by 49 of the doctors who have entered treatment. Hydrocodone, a narcotic painkiller that goes by brand

names including Lortab and Vicodin, is a distant second, with 10 doctors entering treatment because of it.

The group didn't give statistics for nurses who may struggle with drugs or other problems.

The Physician Recovery Network, which is overseen by the Board of Medicine and the Idaho Medical Association, is available for Idaho doctors looking for help. Added doctors usually go to one of a handful of out-of-state treatment centers that specialize in helping healthcare workers, often costing more than \$10,000 monthly and paid for out of their own pocket books.

Treatment typically is two or three days of medical evaluation, followed by 90 days of in-patient care, plus up to five years of monitoring once they return to their practices. That can include drug testing, mandatory Alcoholics Anonymous meetings and additional counseling.

"We really tighten down on a physician once a physician returns to practice," Hodge said.

Doctors who fall for the program risk losing their medical licenses.

"They have a lot at stake," Morano said. "They put a lot of time and energy into their training."

Dour economy, pricey hay lead to horse abandonment

COEUR D'ALENE (AP) — High hay prices and the dour economy are being blamed for a growing number of horse owners who are giving up and abandoning their animals in Idaho and other Western States.

In 2007 and 2008, the Kootenai County-Sheriff's Department received 163 times more reports of abuse regarding horses, donkeys or mules than it did in 2005 and 2006, said Capt. Ben Wolfinger.

And though statistics aren't available nationally, an unprecedented 53 abandoned domestic horses have been found this year in north-

ern Nevada, said Ed Foster, spokesman for the Nevada Department of Agriculture.

In the last three months, Angie Hilding has given away nine horses she couldn't afford to keep. Ordinarily, the Hayden, Idaho, ranch owner would keep older horses at her facility, which offers trail rides, lessons and boarding. But like many owners, Hilding has seen hay prices skyrocket by more than 60 percent.

"When you're in the business we're in, you keep those old horses," Hilding told the Spokesman-Review. "But when the going gets tough, we find a home for these older ones."

60-year-old BSU graduate gets second chance at life

By Jessie L. Bonner
Associated Press writer

BOISE — At Boise State University, Kermit Hale majored in English, wrote for the student newspaper, collected a dozen friends on the social networking Web site Facebook and, during his final semester, turned 60 years old.

The former truck driver and Vietnam veteran was among the 1,350 students who graduated from the university this month.

While other people his age approached retirement, planned cruises and RV trips, maybe a move closer to the grandkids, Hale spent the past five years knocking it out class on a college campus in southern Idaho alongside students half his age.

"I feel like I'm a college kid; I don't feel like I'm 60," Hale said.

But there are reminders: He suffers from a bad back, a blood syndrome that leaves him quickly fatigued. In his first semester, he went to a class 30 minutes early because his new water bottle was into stopwatches made and he got confused.

Sipping coffee in the student union building two days before graduation, Hale, sporting a black cowboy hat with a gular pick tucked inside the brim, looked less like a student and more like a faculty member — an eccentric one who plays a 12-string acoustic guitar.

popularized during the 1960s.

"They never were out of style for Kermit," said adjunct professor Alan Heathcock, who taught Hale in his fiction writing class. "He was just from a different planet than a lot of the other students in the class."

Hale graduated from Meridian High School in southern Idaho in 1967, the son of parents who never made it past the eighth grade. He joined the Army, was an aircraft mechanic and teletype repairman during the Vietnam War. He left in 1972.

For more than a decade, he drove a fuel delivery truck and then worked at a brake repair company in Boise before it went out of business in 2002.

At age 54, Hale considered himself too old to train in another profession, too young to get Social Security. "Nobody wanted to hire me," Hale said. "I was sitting in my house staring at the walls."

His friend, Sam Robison, 58, started classes at a local university and encouraged Hale to apply an avid reader who considers Samuel Clemens his favorite author, Hale decided to major in English. He thrived in creative writing class taught by Heathcock and his dedication to earning a degree stood out.

"He's worked his entire life; he's not playing video games most of the day," Heathcock said.

Heathcock taught Hale for three semesters and the last class was more than a year ago. He still runs into his for-

mer student at the library, at a local grocery store, and each time Hale asks Heathcock to look over a story he is working on.

"He's plugged himself in to some new life," Heathcock said. "He's finding his new passion."

Hale posts poetry and short stories online after discovering blogs during a non-fiction writing class earlier this year. On Thanksgiving Day, he reflected on his blog about the past year, lamenting the loss of his 94-year-old mother, Alma, listing the changes he was thankful for in his life.

His back doesn't hurt as much as it used to, he was about to earn "college graduate" status and he had moved out of a noisy apartment and into a house with his girlfriend, also known as "the love of my life," Hale wrote.

He graduated last week, \$35,000 in debt after taking out loans to pay his tuition. He intends to keep working as a tutor in a campus pro-

gram that helps low-income students who are the first in their families to go to college.

He's pondering graduate school, where he'll most likely stand out again, Heathcock said.

"At his age, I think most people would think he's crazy as an undergraduate," he said, "and completely insane for going on to grad school."

Hale thought he would feel out of place here, on a campus where it took him more than five years to earn a degree. College parties don't seem quite as fun when you're older than the parents of the students throwing the soiree and plus, "those days are behind me," a grinning Hale said.

He got an invitation to join the Gamma Beta Phi Honor Society, but never made it to any meetings because he was too busy tackling his coursework, writing a humor column for the student newspaper and tutoring other students.

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TIMES-NEWS

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New York Giants quarterback Eli Manning, left, and teammate Kevin Boss celebrate after the Giants tied the game against the Carolina Panthers late in the fourth quarter Sunday at Giants Stadium in East Rutherford, N.J. The Giants won the game in overtime, 34-28. AP photo



Giants win NFC's top seed with win over Panthers

By Tom Canavan
Associated Press writer

EAST RUTHERFORD, N.J. — The NFC road to the Super Bowl will run through the Meadowlands because the New York Giants did what they had to do against frigid, swirling wind — run the ball.
Derrick Ward ran for career-best 215 yards and set up Brandon Jacobs' winning 2-yard touchdown run with 9:57 left in overtime and the Super Bowl champion Giants clinched the NFC's top seed for the postseason with a thrilling 34-28 come-

back victory over the Carolina Panthers on Sunday night.
Fans who braved the numbing wind chill tossed snowballs onto the field earlier and threw like confetti when Jacobs won the game.
New York (12-3) forced the overtime when Jacobs plowed into the end zone from a yard out, and Eli Manning hit Domenik Hixon on a slant pattern for the tying, 2-point conversion with 3:21 to play.
Jacobs finished with three short touchdown runs, and Manning and Kevin Boss combined on a 4-yard

touchdown pass as the Giants found the cold and wind to their liking in snapping a two-game losing streak.
New York clinched a first-round bye earlier in the day when Atlanta beat Minnesota, then added the icing on this frosty night by beating Carolina (11-4) in the winner-take-all game for the NFC's top seed.
The loss spoiled a record-setting, four-touchdown performance by Panthers running back DeAngelo Williams, who gave Carolina a 28-20 lead with a 30-yard TD run 2 minutes into the

first half. He also scored on runs of 13.5 and 1 yards.
The Panthers, who have qualified for the playoffs, can clinch the NFC South and the No. 2 seed with a win at New Orleans next weekend.
The Panthers had a chance to win the game in regulation but the swirling wind at Giants Stadium pushed John Kasey's 50-yard field-goal attempt wide left, sparking some more celebratory snow throwing by Giants fans.
The Giants won the coin toss in the overtime and couldn't generate anything, and the Panthers followed suit on their possession.

The final pieces of Ian's puzzle

Senior readies for final game with No. 9 Broncos

By Tim Booth
Associated Press writer

SAN DIEGO — He used to be known more for crocheting than running.
That only piqued everyone's interest in Ian Johnson — his quirks, his idiosyncrasies that helped him become the face of the Boise State football program as running became his forte.

Whether it was his proficiency for scoring touchdowns or Johnson's famous national-television proposal to his cheerleader girlfriend following the Fiesta Bowl two years ago, the Broncos' football program became synonymous with its starting running back.

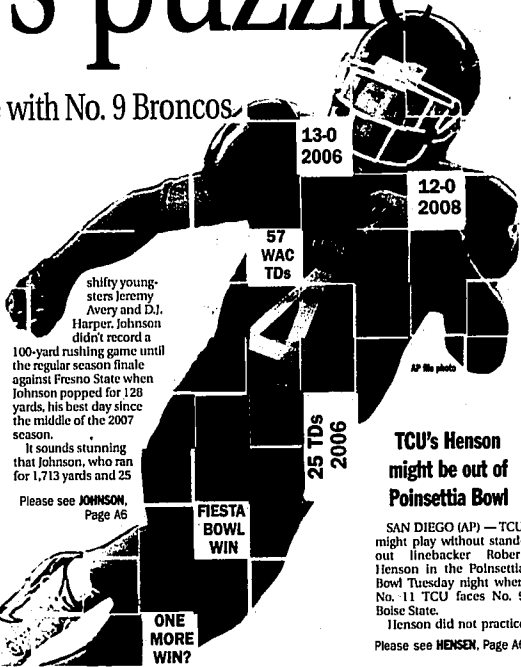
Now after what seems like a decade chewing up the Boise's blue turf, Johnson is about to play his final game for the Broncos in Tuesday night's Polinsettia Bowl against No. 11 TCU.
"I'm obviously in the poster child at Boise State," said quarterback Kellen Moore. "I'll probably be that for quite a long time after this ... a guy who's been a great example of Boise State foot-



No. 9 Boise State vs. No. 11 TCU
6 p.m., Tuesday, ESPN

ball, on and off the field." That face of the program is still there, his engaging personality, thoughtful speech and wide smile. But he's no longer the star that finished eighth in the Heisman Trophy voting as a sophomore.

Johnson is now a role player, a part-time running back, part-time special teams standout. It's not due to a diminishment of his talent, but because the Broncos have taken a different course with their offense, necessitated by a young offensive line that can't consistently open the holes Johnson sprinted through and into fame two years ago.
So he splits carries with



shifty youngsters Jeremy Avery and D.J. Harper. Johnson didn't record a 100-yard rushing game until the regular season finale against Fresno State when Johnson popped for 128 yards, his best day since the middle of the 2007 season.
It sounds stunning that Johnson, who ran for 1,713 yards and 25 touchdowns last season.
Please see **JOHNSON**, Page A6

TCU's Henson might be out of Polinsettia Bowl

SAN DIEGO (AP) — TCU might play without standout linebacker Robert Henson in the Polinsettia Bowl Tuesday night when No. 11 TCU faces No. 9 Boise State.
Henson did not practice.
Please see **HENSEN**, Page A6

Titans clinch AFC's No. 1 seed

By Teresa M. Walker
Associated Press writer

NASHVILLE, Tenn. — The Tennessee Titans wanted to head into the playoffs with a little momentum. Thanks to a dominating performance over the Pittsburgh Steelers, they'll have much more than that.

Kerry Collins threw for a touchdown. ... Chris Johnson and LenDale White ran for a score apiece, and the Titans routed the Steelers 31-14 in a showdown of the AFC's best teams.
Tennessee clinched the No. 1 seed and home-field advantage throughout the playoffs.

Coach Jeff Fisher called this the Titans best game this season.
"This was not a statement game by any means," Fisher said. "It was a momentum game. We needed to build momentum for the playoffs and the bye week by playing well and winning the game. The bonus is the second game here at home."

The Titans linebacker Keith Bulluck, who celebrated by stomping on Tomlin's helmet at the end, was much more succinct.
"It sets the tone for the playoffs in the AFC," he said.

The Titans improved the NFL's best record to 13-2 with their win in 17 games. But they were coming off a loss to Houston in which they failed to score a touchdown for the first time this year and were up against the NFL's stingiest defense.

They snapped back very well, ending the Steelers' five-game winning streak and becoming the first team to top 300 yards against Pittsburgh (11-4) this season.

Tennessee finished with 323 yards.
Pittsburgh coach Mike Tomlin denied his Steelers were flat after a tough stretch in their win in 17 games in four weeks.

"If you don't take care of the football versus good people, it comes back to bite you," Tomlin said.
Tennessee did it without Pro Bowl defensive tackle Albert Haynesworth and end Kyle Vanden Bosch because of injuries. Their replacements helped them rest easy as the Titans sacked Ben Roethlisberger five times and forced him into four turnovers that they turned into 21 points.

Rookie Jason Jones, who started for Haynesworth, had 3½ sacks and forced Roethlisberger into three fumbles.

Southern Miss beats Troy in OT in New Orleans Bowl

By Brett Martel
Associated Press writer

NEW ORLEANS — Michael McGee blocked a potential game-tying field goal attempt in overtime, lifting Southern Mississippi to a 30-27 comeback victory over Troy in the New Orleans Bowl on Sunday night.

Troy held Southern Miss to Britt Barefoot's 39-yard field goal on the first possession of OT, but that wound up being enough for the Golden Eagles to win their third New Orleans Bowl in as many appearances.
The Trojans, winners of the Sun Belt Conference, led 27-17 after Jereff Jernigan's 6-yard touchdown run late in the third quarter.

Southern Miss responded with Austin Davis' 35-yard touchdown to Jonathan Massey on fourth-and-2 with 7:20 left in regulation. Barefoot tied it with his 46-yard field goal with 2:50 to go.



Southern Miss (7-6) was forced to play most of the game without its leading receiver DeAndre Brown, who broke his left leg on an awkward landing in the end zone after his attempt at a leaping catch was batted down in the first quarter. Only one series earlier, Brown had set a single-season school record for receptions with 67 on a 9-yard catch.

Without his top target, Davis completed 20 of 34 passes for 276 yards and two touchdowns, including a 64-yard scoring pass to New Orleans' native Gerald Baptiste on a flea flicker in the first quarter.
Southern Miss career rush-



Southern Mississippi defensive back Mike McGee blocks a field goal attempt by Troy's Sam Glasman in overtime of the New Orleans Bowl in the Superdome in New Orleans on Sunday. Southern Miss won 30-27.

ing leader Damon Fletcher carried 14 times for 78 yards and a touchdown on an 8-yard end run. Fletcher also caught three passes for 23 yards.
Baptiste finished with five catches for 88 yards.
Troy's Levi Brown was 26-

of-43 for 255 yards, including a 4-yard touchdown pass to Kenneth Burton. Troy (8-5) took the early lead on Jerrick Calvin's 17-yard fumble return and never trailed until overtime.
Jernigan had nine catches for 65 yards, breaking a 40-

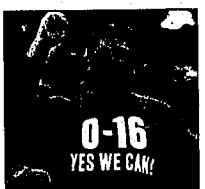
year-old Troy record for single-season receptions. He finished with 77 catches on the year, passing Danny Grant, who caught 72 passes in 1968.
The Golden Eagles ended the season on a five-game winning streak.

Lions first to make it to 0-15

DETROIT — The Detroit Lions own a dubious piece of NFL history — with perhaps more on the way.

Detroit became the first 0-15 team ever when it was routed 42-7 by the New Orleans Saints on Sunday. The Lions will try to avoid a perfectly awful season in the finale at Green Bay, where they haven't won since 1991.

Drew Brees threw for 351 yards and two touchdowns after four Saints ran for scores in the first half. Brees stayed in the game with a 35-point lead late in the fourth quarter to move closer to Dan Marino's single-season record for yards passing. He needs 402 to break Marino's record of 5,084 set in 1984.



Gordon Trosyak gestures during the Detroit Lions-New Orleans Saints game on Sunday, New Orleans won 42-7 to drop Detroit to 0-15.

Patrisis in.

Showing vast superiority to the struggling champions of the weak NFC West, the Patriots pressured Kurt Warner into one of his worst games in 11 pro seasons as he threw for just 30 yards.

SEAHAWKS 13, JETS 3

SEATTLE — If this is Brett Favre's kind of weather, then the mangle is gone for the veteran quarterback in America. Instead, he's the Jets' playoff coach. Seattle's Maurice Morris sliced through the snow like a sled for a season-high 116 yards and John Carlson scored the only touchdown on a short pass from his backup.

San Francisco 30, Browns 23

DENVER — Now it comes down to a trip to San Diego for the right to represent the woolf AFC West in the playoffs.

The Broncos blew an early 13-0 lead in the second-cold game in Denver's history, setting up an all-or-nothing matchup against the Chargers next week for the division title.

CHARGERS 41, BUCCANERS 24

TAMPA, Fla. — Philip Rivers, the NFL's highest-rated passer, threw for 207 yards and four touchdowns, helping the Chargers reach their playoff hopes alive and deal a crushing blow to the Buccaneers' chances.

After their third straight win in what amounted to elimination games for a team that began the season with expectations of reaching the Super Bowl, San Diego (7-8) got the help it needed when Buffalo beat Denver.

DOLPHINS 38, CHIEFS 31

KANSAS CITY, Mo. — In the coldest game they've played, the Dolphins stayed hot.

Chad Pennington threw three touchdown passes, continuing one of the most remarkable comeback seasons in NFL history in temperatures that plunged into single digits. With their fifth victory and eighth in nine games, the Dolphins (10-5) can clinch the AFC East next week just one year after finishing a league-worst 1-15. All they'll have to do is beat the Jets in the Mondaylands.

PATRIOTS 47, CARDINALS 7

FOXBOROUGH, Mass. — New England is peaking in time for the postseason, crushing Arizona with a blitz of points on a snow-covered field. It won't keep the Cardinals out of the playoffs. And it might not be enough to get the

NFL SCOREBOARD

Table with NFL All-Time NET AMERICAN records. Columns include Team, W, L, T, and various statistics like Points, Yards, etc.

Table with Week 17 results. Columns include Team, Score, and Game details.

Table with Week 18 results. Columns include Team, Score, and Game details.

Table with Week 19 results. Columns include Team, Score, and Game details.

Table with Week 20 results. Columns include Team, Score, and Game details.

Table with Week 21 results. Columns include Team, Score, and Game details.

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WASHINGTON STATE BEATS IDAHO 55-41

MOSCOW (AP) — Aron Baynes scored 10 points, led in the second half, to lead Washington State past cross-bonier rival Idaho 55-41 on Sunday night.

Washington State (8-3), leading 27-26, went on a 6-0 run with 16:58 remaining to go ahead by seven.

Idaho (6-6) pulled within 39-38 with 10:59 left, but the Vandals scored their next six shots as the Cougars used a 10-0 run to build a 49-38 advantage with 5:39 remaining.

Terrence Simmons hit a 3-pointer to end the run, but Idaho missed its next four attempts while Washington State ran out the clock.

the situation, it's not hard. It's definitely not the best thing in the world at all times because you want to relax and go out and have a bite to eat without any interruptions, but luckily for me and my wife we're both very personable people." Johnson said. "We're talking to people and we understand that if we're going to go outside this city has done so much for us it's only right for them to want to get out and say 'hey, how's it going?'"

While Johnson's wife works 12-hour days as a private cheerleading coach, a public manager and kickboxing instructor, Johnson is preparing himself for the next stage of his career. Despite the decrease in productivity the last two seasons, Johnson firmly believes he can be a successful NFL running back.

If nothing else, his turn playing on special teams this season will make the 6-foot, 196-pound Johnson more marketable to the NFL. Not many like NFL draft picks have a tape of blocking on punt returns and that to their highlight reel.

But there still one more goal for Johnson — the Western Athletic Conference all-time record for rushing touchdowns, a mark he currently shares with Marshall Faulk.

Johnson

Continued from page A5
downs as a sophomore, averaged only 6.5 yards as a senior. But Johnson understood the offensive change that was needed if Boise State was to reach its potential with an inexperienced offensive line at quarterback.

"The coaches knew I understood because I've been here for a while, I'm the old dog, I know what the writing on the wall," Johnson said. "The offensive line we had in 2006 was one where to be able to run the ball, we don't care what you line up in we're just going to do it. As those guys started to leave and recognized right away, 'we're not going to be able to do this as well, to do this as well.'"

Perhaps surprisingly, Johnson decided to volunteer himself for grunt work. He asked to be put on special teams, to do little things like block on punt returns and be the personal protector for the Broncos' punt team.

"Personal protector is certainly not a glamorous job," Johnson said. "But if nothing else, those yeam jobs only endeared him to a community that embraced Johnson as the Broncos grew in national prominence. Even as his profile on the field dwindled, Johnson still gets stopped when going for dinner or walking through Boise with his wife, Chrissy, by fans who continue to admire Boise's "star couple," part of the small town, Bronco-centric attitude of the community. His intensely public personal life — partly his own doing with a public marriage proponent after scoring the winning two-point conversion game-winning field goal in Fiesta Bowl — and the willingness to embrace a public profile has wooed the community even more.

"When you understand the situation, it's not hard. It's definitely not the best thing in the world at all times because you want to relax and go out and have a bite to eat without any interruptions, but luckily for me and my wife we're both very personable people." Johnson said. "We're talking to people and we understand that if we're going to go outside this city has done so much for us it's only right for them to want to get out and say 'hey, how's it going?'"

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Perhaps surprisingly, Johnson decided to volunteer himself for grunt work. He asked to be put on special teams, to do little things like block on punt returns and be the personal protector for the Broncos' punt team.

"Personal protector is certainly not a glamorous job," Johnson said. "But if nothing else, those yeam jobs only endeared him to a community that embraced Johnson as the Broncos grew in national prominence. Even as his profile on the field dwindled, Johnson still gets stopped when going for dinner or walking through Boise with his wife, Chrissy, by fans who continue to admire Boise's "star couple," part of the small town, Bronco-centric attitude of the community. His intensely public personal life — partly his own doing with a public marriage proponent after scoring the winning two-point conversion game-winning field goal in Fiesta Bowl — and the willingness to embrace a public profile has wooed the community even more.

"When you understand the situation, it's not hard. It's definitely not the best thing in the world at all times because you want to relax and go out and have a bite to eat without any interruptions, but luckily for me and my wife we're both very personable people." Johnson said. "We're talking to people and we understand that if we're going to go outside this city has done so much for us it's only right for them to want to get out and say 'hey, how's it going?'"

While Johnson's wife works 12-hour days as a private cheerleading coach, a public manager and kickboxing instructor, Johnson is preparing himself for the next stage of his career. Despite the decrease in productivity the last two seasons, Johnson firmly believes he can be a successful NFL running back.

Washington State beats Idaho 55-41

MOSCOW (AP) — Aron Baynes scored 10 points, led in the second half, to lead Washington State past cross-bonier rival Idaho 55-41 on Sunday night.

Washington State (8-3), leading 27-26, went on a 6-0 run with 16:58 remaining to go ahead by seven.

Idaho (6-6) pulled within 39-38 with 10:59 left, but the Vandals scored their next six shots as the Cougars used a 10-0 run to build a 49-38 advantage with 5:39 remaining.

Terrence Simmons hit a 3-pointer to end the run, but Idaho missed its next four attempts while Washington State ran out the clock.

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EDITORIAL

Preparing for the recovery, not just the recession

Between now and July, the Idaho Department of Health and Welfare will cut Medicaid reimbursements to hospitals, doctors and service providers by \$35.2 million.

That means there will be fewer doctors and service providers accepting Medicaid patients — fewer next year and probably still fewer in the years beyond.

And we ain't seen nothing yet. The \$35.2 million reduction was the result of the holdback in the current state budget that Gov. C.L. "Butch" Otter mandated on Dec. 1.

Last week, the governor ordered another 6 percent shorn from for the 2010 state budget, which goes into effect July 1. That amounts to \$169 million.

If that were an across-the-board cut, delivery of services to Idaho's 235,000 Medicaid recipients — 15 percent of the state's population — would be in trouble.

Same goes for the other state agencies affected by the holdbacks in September and December. When you cut with a meat ax, you lose fat, bone and muscle.

So Otter prudently decided that the 2010 cuts would be targeted, and cushioned by some of the \$270 million in the state's rainy day fund.

Using a scalpel is appropriate, because there are always hidden costs to slashing a state budget. Federal funds still must be matched. State agencies have to be restructured. And the state inevitably builds back up the very programs it tore down.

The governor ordered his agency chiefs to eliminate entire programs, if necessary, to reach the 6 percent goal. That's a bad idea. The state runs a tight ship. Unnecessary things fall by the wayside long ago. Since much of how state tax dollars are spent is mandated by the feds, any legislative budget demolition will almost certainly be followed by restoration — at higher cost.

Does that mean there are no savings to be discovered? Certainly not. But the real efficiencies will be found piecemeal — agency by agency, school district by school district, campus by campus.

Seeking them will be dogged, unglamorous work. Yet the object is to end up with a state government resilient enough to respond to changes in the economy, positive as well as negative.

The Legislature's Joint Finance-Appropriations Committee has its work cut out: It needs to find cuts that will end up being as good for Idaho in 2011 and 2012 as they are for fiscal year 2010.

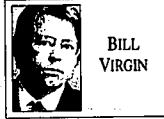
For better times, sooner or later, are coming.

Our view: Idaho is past the point where the state's books can be balanced through grand gestures and cutting entire programs. The hard decisions to come must be made budget-line by budget-line.

What do you think? We welcome viewpoints from our readers on this and other issues.

Economic recovery: the case for doing nothing

Education is expensive, and few tuition bills are as costly as the learning delivered in the classroom but out in the cold, cruel real world.



BILL VIRGIN

It's especially exorbitant when that learning is of the remedial variety — knowledge that should have been imparted and absorbed the first time, and yet never seems to sink in no matter how many times it is taught.

So we will hope against hope, and experience that this time, as taxpayers and investors write the checks — for billions? trillions? — to repair the damage or cushion the blow from the current financial catastrophe, that among the lessons learned is this one:

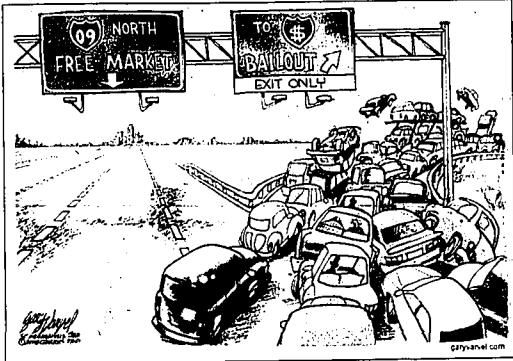
You've got to respect the cycle.

Failed attempts to teach the importance of respecting the cycle date as far back as the 11th century: English King Canute, who famously and perhaps apocryphally ordered the tide to recede to demonstrate that the power of royalty had its limits.

And all Canute was trying to "communicate" was some thing small, simple and mild as the ocean.

Yet business leaders, economists, investment experts, politicians and consumers continue to believe, history notwithstanding, that they can outsmart the cycle. They change the direction of and in many cases abolish a far larger, more complex and more powerful cycle — the economy.

The entire economy has a "commensal" pattern. So do individual industries, whose own cycles sometimes move in concert with the overall economy, sometimes in counterpoint to broader trends. The cycles may be seasonal, they may vary by



geography — but they are very real.

It's not as though we've never heard of these cycles. Their existence, and — if respected, are reinforced in aphorisms ranging from "what goes up must come down" to "time and tide wait for no man."

Not that anyone listens. Failure to acknowledge the existence of the cycle, to prepare for it and to respect it is a major contributor to our current economic predicament. Banks, mortgage lenders and home buyers are in trouble today because yesterday they operated as though the cycle in interest rates, housing prices and employment needed to pay for those loans no longer existed.

Investors are in trouble because they loaded up on one type of investment, ignoring advice to diversify when they were keeping their money.

Government at all levels is in trouble because it spent as though its revenue sources were exempt from cyclical patterns.

Consumers are in trouble because they, too, spent as though the good times were permanent.

The unpleasant part of the

cycle may be postponed by dipping into savings and reserves or pumping some sort of "stimulus" into the economy. Such fixes are temporary at best: the reckoning is inevitable, and if the financial misbehavior during the flush times ("what goes up...") is especially irresponsible, then that reckoning is likely to be especially vicious ("... must come down").

As it appears, it will be, to judge from estimates of the depth and duration of this downturn.

Those who will endure this downturn best are those who respected the cycle, and prepared for it. They may not have known when the downturn was coming, how bad it would be or what would set it off, but they knew it was coming someday.

But of course the natural temptation is to use the earthquake insurance policy after the walls start shaking, so government, business, investors and consumers are doing the things no they should have been attending to several years ago — watching spending, building savings, monitoring the credit-worthiness of their customers.

Ironically, the things they're doing now will help prolong and deepen the cycle. Also

counterintuitively, those who will do best in the next up-cycle are those who are in a position to spend or borrow prudently now, to buy assets cheaply and capture market share.

Because, yes, the economy will recover, without anyone's help. The new administration and Congress could do absolutely nothing and be reasonably assured that the economy will rebound.

From a purely economic point of view, doing nothing is not the worst thing that can be done. Allowing the recession to prune the economy of bad practices and actors can be of long-term benefit. Doing the wrong things can delay a recovery (as, some historians argue, occurred the first with Herbert Hoover and Franklin Roosevelt during the Great Depression).

But doing nothing is not palatable politically, especially when many of the economy's current victims had no say in the practices that led to the demise of their jobs.

As everyone knows, if you treat a cold, it'll last for just seven days.

If you leave it alone, it'll last for a week.

Bill Virgin is a columnist for the Seattle Post-Intelligencer.

LETTERS TO THE EDITOR

Property taxes unfair

Unbelievable! That exclamation is only to catch attention. Because, sadly, the response of the Mindoka County appraiser and commissioner in response to the new property owners plea for property tax relief is very believable.

Of course, it's someone else's fault new business owners in your county were not notified of the doubling of their taxes. Take another look at your spreadsheet. There might be some money on it from, could it be — business?

Whether your new property owners were notified of the increase or not, what's up with nearly doubling anyone's taxes in one year? Who cares if the assessment is called "correct"? Is it smart? Is it right? Keep that

Tell us what you think

ON PAPER: The Times-News welcomes letters from readers on subjects of public interest. Please limit letters to 300 words. Include your signature, mailing address and phone number. Writers who sign letters with false names will be permanently barred from publication. Letters may be brought to our Twin Falls office; mailed to P.O. Box 548, Twin Falls, ID 83303; faxed to (208) 734-6538; or e-mailed to letters@magicvalley.com.

kind of nonsense up and you will be amazed at how little you have to budget with when your businesses go broke or leave town. Good luck attracting any new ones to take their place.

None of that matters since we've already budgeted for that amount. Your household businesses have to be flexible in their budgeting. The times demand it to stay afloat.

Mindoka, since you can just seize the property if your budget isn't met, you

may not feel the same pinch your households and businesses are feeling. Or is it possible that's exactly what you have in mind? Do you kids at the county seat want to try your hand at hotel management, or do you see a great investment property coming available in the future? Hope all property tax payers, households and businesses alike pay attention to this one. It will eventually affect us all.

Thanks, Times-News, for

keeping us informed.
CHAD FRIDAL
Malta

Community Support Center is a necessity

Before becoming a member of the Community Support Center, I had horrible hallucinations and had voices screaming at me. Since starting at the center, I hear them less. Before I started at the center, I was hospitalized for my illness five times. The more I attend, the better I feel. Since attending, I have only been hospitalized once.

If the funding for the center is cut, I could lose services. If this does happen, it is likely that I could end up in the hospital, which is more expensive for me than the care I receive at the center.

DARRYL RANDALL
Burley

TIMES-NEWS

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THE LIGHTER SIDE OF POLITICS

Doonesbury



Mallard Fillmore

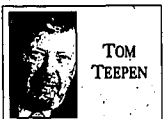


GOP's contempt for auto union has deep roots

Congress's failure to progress the full big three U.S. automakers is not only the result of a much-touted disgust with their managements, but also a gambit by conservatives in general and the Republican right in particular to kill off the United Auto Workers union.

Letting the three companies sink would open a sump in the middle of an already draining economy, which would drag down scores of thousands more jobs nationwide and with them an uncertain but surely huge number of auxiliary and support businesses.

Why, then, after Washington almost casually



TOM TEEPEN

has thrown \$700 billion and more at the financial industry, this stubborn political refusal to chance a relatively slight \$15 billion to GM, Ford and Chrysler and their networks of dealerships?

Yes, there is a broad awareness of the industry's leader and woolly corporate overseers, who for generations have managed not to notice

the 10-foot-high handwriting on the wall.

But it is against the companies' union workers that Congress's most determined naysayers have dug in. There are several factors at play in this animus.

The Republican Party's Dedicifaction is a big one. The party after this recent election is even more mixed in its Old South base than it has been since Richard Nixon's "Southern strategy" won the region for it in a spasm of white backlash against the civil rights movement.

And that the fact that foreign-owned automobile plants are concentrated in the so-called "right to work" — i.e., anti-union — states of

the South. The Southern-state senators who led the rejection of the recent auto bailout legislation were carrying water for their regional economies. See especially Sen. Richard Shelby of Alabama, where Toyota, Mercedes, Hyundai and Honda have plants.

That regional uprising has reenergized the traditional Republican opposition to organized labor. (And it makes a close fit with another heritage grudge, animated anew when President Bush bled the scant political capital from his election in a futile effort to begin privatizing Social Security.)

The charge that the UAW is the cause of the U.S.

automakers' troubles is at best overwrought.

The union has made several major concessions in recent years and has lately offered more, including a renegotiation of current contracts. The wages in U.S. and foreign-owned auto plants are roughly similar, at or near \$30 an hour.

The big difference is in the pension and health care costs the American manufacturers bear for their huge body of retirees — numbers that the foreign manufacturers have not (yet) accumulated. A national health care system would fix a large part of that disparity.

And into the bargain, conservatives have always car-

ried a particular enmity for the UAW because of its history of active support for the rights of African Americans, women and farm workers when many unions, especially the craft unions of the old AFL, held back from those progressive movements.

The turmoil over the auto industry's future looks very much of the moment, but it also rides on a slow churn of legacy attitudes, regional and political, formed in the 1930s and passed down to the present.

Tom Teepen is an Atlanta-based columnist for Fox NewsChannel. Write to him at teepen@fox.com or twitterlink.net.

The brightest are not always the best

In 1992, David Halberstam wrote a new introduction for the 20th-anniversary edition of "The Best and the Brightest," his classic history of the hubristic JFK team that would ultimately mire America in Vietnam. He noted that the book's title had entered the lexicon, but not as he had hoped. "It is often misused, falling to carry the tone or irony that the original intended."

Halberstam died last year, but were he still around, I suspect he would be speaking up, loudly, right about now. As Barack Obama rolls out his Cabinet, "the best and the brightest" has become the accolade du jour for Democrats, Republicans and the press. Few seem to recall that the phrase, in its original coinage, was meant to strike a sardonic, not a flattering, note.



FRANK RICH

culture has been hyperventilating mainly over the national security team, but that's not what gives me pause. Hillary Clinton and Robert Gates were both wrong about the Iraq invasion, but neither of them were architects of that folly, and both are far better known in recent years for consensus-building caution than arrogance. Those who fear an outbreak of Clintonian drama in the administration keep warning that Obama has hired a secretary of state he can't fire. But why not take him at his word when he says "the buck will stop with me?"

master of the universe, Robert Rubin. His appearance in the photo for Obama-transition economic advisers three days after the election was, to put it mildly, disconcerting. Ever since his acclaimed service as Treasury secretary in the Clinton administration, Rubin has labored as a senior adviser and director at Citigroup, now being bailed out by taxpayers to the potential tune of some \$300 billion.

So what's the deal? Rubin didn't notice the toxic mortgage-derivatives on Cit's books until it was too late. The Cit may never sleep, but he snored.

For some of JFK's best and brightest, Halberstam wrote, wisdom came "after Vietnam." We have to hope that wisdom is coming to Summers and Geithner as they struggle with our financial Tet. Clearly it has not come to Obama's Treasury secretary, Timothy Geithner. Rubin, asked by it he'd made any mistakes at Citigroup, he sounded as self-deluded as McNamara in retirement.

"I honestly don't know. In hindsight, there are a lot of things I'd do differently. But in the context of the facts as I knew them and my role, I'm inclined to think probably not." Since that interview, 52,000 Citigroup employees have been laid off but not Rubin, collecting a salary that has totaled in excess of \$115 million since 1999. You may be touched to hear that he is voluntarily relinquishing his bonus this Christmas.

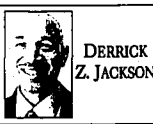
Rubin hasn't been in Obama's transition plans since Nov. 7, and in the end Obama chose Paul Volcker as chairman of his Economic Recovery Advisory Board. This was a presidential decision not only bright but wise.

Frank Rich is a columnist for The New York Times. Write to him at frich@nytimes.com.

When sacred places become the Wild West

Ending a 25-year-old ban, the Department of the Interior announced on Dec. 5 that people who have a concealed weapons permit in their state can bring a loaded weapon into national parks, forests, and refuges. A week later, Interior Secretary Dirk Kempthorne confirmed what supporters of the Endangered Species Act have dreaded all year by issuing a ruling that lets individual federal agencies decide themselves whether their projects harm the environment — without being forced to consult with wildlife scientists.

This completes eight years of political cruelty to animals and a final imposition of the National Rifle Association on what is left of public serenity in America — our shared natural sanctuaries. Critics of political cruelty to animals and now humans have to wonder what is more dangerous: an allegator along the trail in the Everglades or the loaded camper carrying a loaded weapon.



DERRICK Z. JACKSON

The organizations wrote in a joint letter on Dec. 5. "National parks are different from other public lands. The visitor population expects, demands and gets a higher degree of protection, enforcement and restriction in a national park. Furthermore, while national parks are among the safest areas to be in, the toll on the US Park Ranger is high. US Park Rangers are the most assaulted federal officers in the country. This vague, wide-open regulation will only increase the danger."

To put in perspective how nuts the lifting of the ban is, it was enacted under President Reagan's Interior secretary, James Watt. Watt was so criticized by environmentalists that the great national park landscape photographer Ansel Adams called him "one of the most dangerous government officials in history." Of Reagan's environmental policies in general, Adams said, "The flow of bile from the Reagan administration is a blot upon our history of literacy."

come in the wake of an independent report last summer commissioned by the U.S. Fish and Wildlife Service that found that the law enforcement staff at our refuges needs to increase from 200 full-time officers to at least 400. Low staffing levels are leading to a substantial and critical lack of law enforcement coverage and capability at many refuges across the system. At many refuges, law enforcement coverage is insufficient to ensure the protection of resources and the safety of visitors and refuge staff."

Yet the solution by the Bush administration is to starve law enforcement and general staff, cut off the scientists, and flood the parks and refuges with loaded guns. This has to be a priority for the Obama administration and a Democratic-led Congress to overturn. We cannot allow our sacred places to become the Wild West.

Derrick Z. Jackson is a columnist for the Boston Globe. Write to him at jackson@globe.com.

The stewards of the Vietnam fiasco had pedigrees unbecomingly reminiscent of some major Obama appointees. McGeorge Bundy, the national security adviser, was, as Halberstam put it, "legendary at the MIT or as a Rhodes scholar. Robert McNamara, the defense secretary, was the youngest and highest paid Harvard Business School assistant professor of his era before he, at becoming the first non-Ford to lead the Ford Motor Co.

The rest is history that would destroy the presidency of Lyndon Johnson and inflame national wounds that only now are healing.

In the Obama transition, the Clinton-fleeced political

QUOTABLES

- "Bottom line is, folks, no child should have to go through this." — Orange County (Fla.) Sheriff Kevin Beary after DNA tests conducted on skeletal remains matched missing 3-year-old Caylee Anthony's genetic profile.
- "I've been in this business for 40 years and there was never a more standup guy. ... He didn't take nothing from nobody. He was very much ahead of his time." — Former agent Tom Reich on pitcher Dock Ellis, who died Friday. He was 63.

LETTERS TO THE EDITOR

Keep Community Support Center open

I have been attending the Community Support Center for the past 12 years. This center helps me manage my illness so I can live independently in the community.

With the proposed cuts in mental health funding, I will lose many services, which will force me to isolate at home. My opportunities will be limited and I may need a higher level of care.

I am asking the citizens of the Mini-Cassia area to contact your legislators and ask them not to cut mental health services. Thank you for your support.

LISA J. STOKER
Heyburn

Teens deserve jail time

Re: Vandalism by teenage boys

Where were the parents of the two boys aged 12 and 13? These boys were picked up by deputies at midnight. They should have been long in their beds at that hour of night. Perhaps the parents should also be cited.

The parents should be made to reimburse the owners of the autos that they (the boys) burned and the owners of the Christmas decorations.

Foot Clinic

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Timothy G. Tomlinson, DPM
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they destroyed. I hope they will not be just given a slap on the back of their hands.

The boys should be sentenced to a time in juvenile hall as well. Then they will learn what it means to start a life of crime.

ALYS J. CONNORS
Twin Falls

Interested Amusement Movers For Dec. 22-23

Call For Limited Showtimes on Dec. 24th!

The lifting of the loaded gun ban was opposed by nearly everyone who works or has worked in a national park. The Association of National Park Rangers, the Coalition of National Park Service Retirees, the National Parks Conservation Association, and the Ranger Lodge of the Fraternal Order of Police (which advocates for park rangers) expressed disappointment at the action by the Interior Department. Under the expiring regulations, you could bring an unloaded weapon into a park, as long as it remained in a car trunk or other less-accessible location.

Citing concerns about a possible increase in poaching and a federal statistic that only 1.65 million visitors in national parks.

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December 22, 2008
The First Assembly of God
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Doors open at 6:00 pm
Concert from 6:30 - 8:30 pm

Please join us in a celebration of life, love and the holidays.
A donation of a non-perishable food item would be appreciated.
Admission at the door to help support the local senior centers & the Magic Valley.

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Michael Lyn Kitchen Moon

Michael Lyn Kitchen Moon, 54, of Twin Falls, passed away Friday, Dec. 15, 2008, at St. Luke's Magic Valley Medical Center in Twin Falls.

Mike was born Sept. 27, 1954, in Jerome, the son of Marjorie K. Kitchen.

During his life, he worked for the Parks Service and for more than 13 years at the sugar factory in Twin Falls. He greatly enjoyed the outdoors and spending time in nature.

He also enjoyed spending time with his family. Together, they loved to watch football and eat popcorn, especially watching his favorite team, the Raiders.

Mike enjoyed spending time with his niece and nephews. Quicker time was also important to Mike. He loved watching game shows and greatly enjoyed his beer. He will be missed by all who knew and loved him.

Surviving are his sisters, Pat Aldred, Charlotte Gifford and Elythe Larson, all of Twin Falls; and one brother, Frank Kitchen of Hollister. He was preceded in death by his mother, Marjorie Kitchen; his sisters, Allene Gifford and Marjorie Dela Cruz; one brother, Keith Gifford; and his grandparents.

A memorial service will be held at 10 a.m. Tuesday, Dec. 30, at Park's Magic Valley Funeral Home, 2551 Kimberly Road in Twin Falls. Private inurnment will follow at a later date in the Twin Falls Cemetery.

DEATH NOTICES

Nivea Lopez

Nivea Lopez, infant daughter of Jaime Lopez and Teresa Martinez, passed away Friday, Dec. 19, 2008 in Pocatello.

A viewing will be held from 6 to 8 p.m. Tuesday, Dec. 23 with a Rosary recitation at 7 p.m. at the Hansen Mortuary in Rupert. Committal services will be held at 11 a.m. Wednesday, Dec. 25 at the Rupert Cemetery.

Nellie Orvilla Schultz

Nellie Orvilla Schultz, 85, of

Filler, passed away Dec. 21, 2008 in Twin Falls Care Center in Twin Falls.

Arrangements are under the direction of Farmer Funeral Chapel, Buhl.

Clara 'Maxine' McCracken

Clara "Maxine" McCracken, 78, of Kimberly, passed away Dec. 21, 2008 at the St. Lukes Magic Valley Medical Center.

Funeral services are pending and will be announced by Park's Magic Valley Funeral Home of Twin Falls.

SERVICES

Jesse Vernon Yarrington of Idaho Falls and formerly of Burley, funeral at 11 a.m. today at Wood Funeral Home, East Side, 963 S. Ammon Road in Idaho Falls; visitation from 10 to 10:45 a.m. today at the mortuary; burial in the Marion Cemetery in Oakley.

Retura Kimpion of Twin Falls, funeral at 11 a.m. today at White Mortuary in Twin Falls; visitation one hour before the funeral Monday at the mortuary.

Fern Anita Kleffer of Mountain Home, memorial service at 11 a.m. today at First Congregational Church, 515 E. 15th N. in Mountain Home (Host: Funeral Home, McMurray Chapel in Mountain Home).

Ralph Lorin Price, 69, of Tucson, Ariz., and formerly of Jerome and Gannett, funeral at 11 a.m. today at Central LDS Church, 105 N. Norton Ave. in Tucson, Ariz.; visitation two hours before the funeral at the church (Bring Funeral Home of Tucson, Ariz.).

Autumn L. Decker of Buhl, funeral at 1 p.m. today at the Seventh-day Adventist Church in Buhl; visitation from 11 a.m. to 12:30 p.m. today at the church (Park's Magic Valley Funeral Home in Twin Falls).

William Stanley Moore of Filer, celebration of life at 1 p.m. today at Reynolds Funeral Chapel, 2466 Addison Ave. E. in Twin Falls.

Lola M. Burgoyne of Twin Falls, celebration of life at 3 p.m. today at Reynolds Funeral Chapel, 2466 Addison Ave. E. in Twin Falls; visitation from 2:30 to 3 p.m. Monday at the mortuary.

Robert E. Dickerson Sr. of Twin Falls, celebration of life at 11 a.m. Tuesday at Reynolds Funeral Chapel, 2466 Addison Ave. E. in Twin Falls.

Marjorie Eleanor Renfrow of Mesquite, Nev., and formerly of Wendell, memorial service at 2 p.m. Jan. 5 at the Mesquite United Methodist Church.

For obituary rates and information, call 735-3266 Monday through Saturday. Deadline is 3 p.m. for next-day publication. The e-mail address for obituaries is obits@magvalley.com. Death notices are a free service and can be placed until 4 p.m. every day. To view or submit obituaries online, or to place a message in an individual online guestbook, go to www.magvalley.com and click on "Obituaries."

Teen's dying wish brings hope for orphans

By Mitch Stacy
Associated Press writer



Joanne Halgrim, left, high fives one of the children who will live in the orphanage named after her son John Halgrim on Nov. 19 in Nairobi, Kenya.

A year to the day after she buried her son, Joanne Halgrim rode in a minivan down a rocky dirt road not far from the airport in Nairobi, Kenya. Her stomach turned from the stench of rotting garbage and raw sewage mingling with exhaust fumes and the acrid smoke from sizzling meat peddled by street vendors.

The van stopped in the midst of some bleak gray apartment blocks, their balconies festooned with drying clothes flapping in the sun. She and the other travelers got out and entered an austere concrete block building. It didn't look nearly finished, and yet in a week's time it would be a home to unwanted children, a place where they would sleep in neat rows of new wooden bunk beds upstairs.

"She thought about the many times she had prayed for a miracle when her son, John, was sick."

She realized that maybe now she was getting it. It was a year and a half before, in April 2007, when the two ladies came to the Halgrim home in Fort Myers.

"Think of me as your fairy godmother," one of them, Sue Fenger, told 15-year-old John Halgrim.

She was a volunteer from the Make-A-Wish Foundation, the charity that helps dreams come true for children with life-threatening ailments. He was a boy with a "time bomb in his brain."

"I've been thinking about this," John told her. He had considered a trip to the Bahamas after hearing about an opulent resort called Atlantis, where guests get to swim with dolphins.

But as John's illness intensified, the wholly different idea came to mind.

Maybe the mission ideas he'd seen at church planted the seed, the ones showing kids living in slums without running water. Or maybe it was the program about parentless African children being forced into slavery.

Whatever the reason, John became fixated on those children — and that place.

"I want to stop the hunger in Africa," he told the wish-granter. "I want to open an orphanage in Africa."

That, of course, wasn't what Fenger expected. Other kids ask to go to a movie premiere or even meet the president. That kind of wish can usually be granted. But this?

"John, that's a really big wish," she said. "I'm not sure Make-A-Wish can do a wish like that. Do you have a second wish?"

"Mope," he said, "that's my only wish."

It was, in so many ways, an ordinary kid. But he also believed steadfastly in God and faith and still, somehow, miracles. And he believed he would eventually be healed, that this thing in his brain was put there so he could do

something important. The crushing headaches began more than a year before the wish-granter came calling, in early 2006, around the time John turned 14.

His mom insisted on an MRI. The radiologist who performed the procedure in March 2006 knew right away what he was looking at.

At first, John felt relieved. At least they knew what was wrong. Now, maybe, the headaches would stop.

But only a few weeks later, doctors at St. Jude Children's Research Hospital in Memphis took John's parents into a room and delivered the unthinkable news: Their son had a malignant tumor on his brain stem that was impossible for surgeons to remove without damaging his brain or killing him.

Odds of survival were long. But John and his family believed he could beat it from the start. He spent six weeks at St. Jude with his mom for radiation and chemotherapy.

"I learned I needed to change my life," he wrote in the journal he started keeping. "I learned I needed to live my life through God's eyes and not my own."

Then one day in April 2007, a year after the initial diagnosis, John started seeing spots. Doctors determined that the tumor was growing again and spreading out in his brain.

Meanwhile, a doctor's referral had put John on the Make-A-Wish radar. And that's how it was that Fenger phoned and finally persuaded Joanne to let her come by to talk to John, who was eager to tell her about his wish.

As Fenger tried to figure out how the charity could help, John's health got worse. But he never complained or moped or got mad. When people told John they would pray for him, he'd tell them right back that he would be praying for them, too.

One of those people praying for him was a young pastor named Orlando Cabrera. John's uncle attended the Summit Church, where Cabrera preached. John went there sometimes, and he liked Cabrera. One day Cabrera asked if he could come to the house

to pray with him. During the visit, John explained how he wanted to help kids in Africa somehow.

"Naturally, Cabrera wanted to know why. Why wouldn't John want to take a vacation or do something else fun?" John propped himself up on the couch so he could look at the 33-year-old pastor.

"Orlando, God didn't allow this to happen to me so I would get something out of it," he said.

Cabrera decided then that other people needed to know about this kid — and his wish.

In early June, the pastor returned with a video camera. He thought he'd show the video to his congregation, then maybe appeal for donations to benefit the church's African missions and outreach.

John, as bad as he felt by then, liked the idea, too. This could work.

He sat down at the end of the dining room table and faced the camera.

"Hi, I'm John Halgrim. I'm 15 years old," he began. "Doug Ballinger couldn't believe what he was seeing when a friend at Summit Church showed him the video. The 68-year-old retired businessman was moved by the boy's spiritual maturity and selflessness."

Ballinger, who had moved to Fort Myers from Memphis, recently had taken his first mission trip to Nairobi. He and his son, J.D., who'd been doing African missions for years, formed a charity called Help the Least of These, the name taken from a verse in the book of Matthew.

Father and son had helped build a new church in a Nairobi slum. They decided their next project needed to be a small orphanage. So many children are parentless in a land where violence, starvation and disease kill most adults before they reach their mid-40s. But they needed to raise the money.

"That's when Ballinger saw John's video," he said. "It was like God did a certain thing."

The video was shown during services at the Summit Church in October 2007. At the end, a pastor explained how the weekend's collection

would be donated to help the Least of These to build the orphanage and give John Halgrim his wish. More than \$13,000 was collected that first weekend.

That was just the beginning. As word spread and more people found out about John's wish, they gave more money. Plans for a larger orphanage were put to paper, a project costing around \$50,000. Sixty children would eventually live there.

John never got to see the video. By the time it was shown at church that fall, the tumor was stealing his ability to function. It could hardly talk or see anymore.

A few weeks later, surrounded by his family at a Fort Myers hospital, John died.

At his funeral, Cabrera spoke and showed the video again as a tribute to the boy and his wish. Mourners donated another \$15,000 for John's orphanage.

Joanne had promised her son that she would be the shepherd of his wish. That's why she and her mother went to Nairobi with other volunteers last month, to paint the walls, buy supplies for the kitchen and help move the kids in.

At a ceremony to dedicate the building a few days after they arrived, Joanne sat in a plastic lawn chair in the front row, cradling a small boy in her arms. She listened to people talk about John and his wish.

When it was her turn to stand and take the microphone, her emotions made it impossible even to speak at first. Lined up on rows of benches before her, the children waited quietly, their scrubbed faces looking up at this woman who lost her son and because of that came all the way to this place to give them better lives.

"I know John is watching this," she said. "He should be here."

Since he couldn't, his mother opened his journal and started reading aloud. "Today was hard, but so have been the last couple of weeks," she read.

"But all you have to do is have faith and everything should be all right..."

Talented pitcher Dock Ellis, 63, dies in Calif.

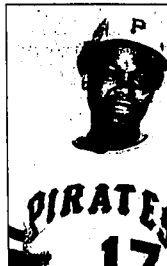
Threw no-hitter while high on LSD

By Matt Schudel
The Washington Post

Dock Ellis, an eccentric baseball pitcher who once threw a no-hitter while high on LSD and who later counseled athletes and prisoners about the dangers of drugs, died Dec. 19 at the University of Southern California Medical Center in Los Angeles. He was 63 and had cirrhosis of the liver.

Ellis was a talented right-hander who won 138 games during his 12-year career with the Pittsburgh Pirates, New York Yankees and other teams. But he might have been best known for his erratic behavior, combative nature and appetite for alcohol and drugs.

Few would have disagreed with Ellis' assessment of himself as "arrogant, flamboyant, controversial." He threw at batters, argued with man-



agers and opposing players and even chased hecklers in the stands. He once appeared in the Pirates' bullpen in hair curlers, claiming that the resulting moisture on his head helped him throw his illegal spitball.

Nothing in his career was more notorious, however, than his performance June 12, 1970, when he pitched a ragged no-hitter against the San Diego Padres. The day before the game, Ellis flew to his native Los Angeles and passed his time using drugs with friends.

and arrived at the stadium at 4:30.

"I can only remember bits and pieces of the game," he said years later. "I had a feeling of euphoria. I was zoned in on (the catcher's) glove, but I didn't hit the glove too much."

He usually had excellent control, but that night he walked eight batters and hit another with a pitch. Still, he somehow didn't allow a hit, and the Pirates won the game, 2-0, on two home runs by Hall of Famer Willie Stargell.

It wasn't until 1984 that Ellis revealed that he had been high on LSD during the game. He never again took the drug during the baseball season, he said, but he routinely popped amphetamines while pitching and ingested huge quantities of liquor and cocaine off the field.

"I never pitched a game in the major leagues (when) I wasn't high," he told the Los Angeles Times in 1985. "I couldn't pitch without the pills."

'To Kill a Mockingbird' director, Robert Mulligan, dies at 83

Los Angeles Times

Robert Mulligan, who was nominated for an Academy Award for directing the 1962 film "To Kill a Mockingbird," died Saturday at his home in Lyme, Conn. He was 83.

Mulligan had heart disease, his nephew Robert Rosenthal said.

The director began working in live television in New York in the early 1950s and won an Emmy Award for the TV movie "The Moon and Sixpence" in 1950. His first film, "Fear Strikes Out," was

released in 1957 and told the story of mentally ill baseball player Jimmie Fierers, all played by Anthony Perkins. Mulligan directed 19 more films, including "Summer of '42," "The Other" and "Same Time, Next Year" before capping his career in 1991 with "Man in the Moon," featuring actress Lucie Arnott in her movie debut.

The highlight of Mulligan's career was "To Kill a Mockingbird," a courtroom drama adapted from Harper Lee's novel.

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Bosnia lacks cash to purge killer mines

By William J. Kole
Associated Press writer

SARAJEVO, Bosnia-Herzegovina — Muriz Jukić keeps reliving the day last winter when his tractor hit a land mine, unleashing shrapnel that tore one of his eyes from its socket and left him stumbling and screaming.

"I dream about that flash and wake up soaked in sweat," says Jukić, 43, who was injured while gathering firewood near his home in the northeastern Bosnia village of Vitinica.

Thirteen years after Bosnia's 1992-95 war ended, mines are still cluttering scores of victims.

A closer look by The Associated Press shows the problem is not that officials don't know where most of the explosives are buried. It's that they just can't seem to scrape enough cash to get them out of the ground.

Under an international treaty, Bosnia was supposed to be mine-free by March 2009. Instead, the Balkan country has quietly obtained another decade to clear 220,000 remaining mines and other unexploded ordnance that pose a hidden menace to schoolchildren, farmers,



A Bosnian deminer inspects a minefield inch by inch near Sarajevo on Nov. 18. Sarajevo, which hosted the 1984 Winter Olympics, made a halfhearted bid for the 2010 games but was eliminated largely because the steep slopes on Mount Igman and the hilly terrain on Mount Trebevic are still heavily mined.

hunters, hikers and woodsmen.

Authorities in Europe's most mine-infested nation acknowledge that more than 600 square miles of territory — an area larger than Los Angeles — is still riddled.

Take all the former front

lines where most of the mines lurk, lay them end to end, and you'd have a belt stretching 6,700 miles. The danger zone would reach more than a third of the way around the Earth, or cover at least two Great Walls of China.

Since the war ended, mines

have claimed 1,665 victims, including 487 fatalities. So far this year, 19 people were killed and 18 others horribly maimed.

Eliminating the threat "is not the impossible task we once thought it would be," says Sylvie Brigot, executive

director of the Geneva-based International Campaign to Ban Landmines. "It's possible to get rid of all of these mines, provided there's a plan in place so funding is secured."

But an AP review of documents, and interviews with senior officials coordinating the effort, found that Bosnia is raising only about a third of the \$50 million a year that France and the United States says its impoverished nation needs to rid itself of mines by 2019, the new deadline.

For 2008, \$18.4 million was raised for mine clearance in Bosnia. Though that's up from \$14.8 million in 2007, it still falls far short of what experts say is needed.

It costs \$2.50 to scan a square yard of suspicious territory — more than the going price for some land. That sounds cheap until you consider the vast areas of Bosnia that must be poked and prodded to ensure they're safe. All told, locating and removing a single mine costs \$10,000.

Unlike many other crisis areas worldwide — where soldiers laid the mines and military records detail where they're buried — Bosnia must also grapple with "guerrilla minefields" where records are

more sketchy, says Ahidin Orhovac, deputy director of the national Mine Action Center.

A typical record, he says, reads like this: "3 mines, 3 yards from the apple tree." But when deminers scout for the spot, what was an orchard is now a forest, "and all we know is that somewhere there are three mines."

"It's the biggest problem in the world," says Orhovac, pointing to a large map covered with clusters of colored dots.

Blue marks places that have been cleared. Red marks areas still mined. And there's a lot of red.

Salih Hadzic is among the intrepid deminers working to change that. Clad in a flak vest, a helmet with a protective visor and green cotton pants stained with soil, he sweeps a squawking metal detector over a hillside on the outskirts of Sarajevo.

Here, within view of the capital's office buildings and mosques, deminers recently unearthed one of the deadliest types of mine: a PROM, designed to jump a few feet in the air before exploding and sending fragments that kill everything in a 50-yard radius.

Japan in '65 sought U.S. nuclear shield versus China

By Tomoko A. Hosaka
Associated Press writer

TOKYO — Japan's long-serving prime minister — a Noble Peace laureate — asked the U.S. in 1965 to deploy nuclear weapons against China if war broke out between the Asian rivals, according to newly declassified government files obtained by Kyodo news agency.

During his first trip to Washington as the Japanese leader, Eisaku Sato told then-U.S. Defense Secretary Robert McNamara that American military forces could launch a nuclear attack on China by sea if needed, Kyodo said Monday. Under its post-World War II constitution, Japan renounced war and the right and prohibits the use of force in international conflicts.

But the new details of Sato's discussions with the U.S. reveal a more complicated picture behind his public stance against nuclear weapons as well as his intense distrust of China.

His comments came a day after his talks with President Lyndon Johnson on Jan. 12, 1965, during which he sought to reaffirm a U.S. promise to defend Japan under the U.S.-Japan security treaty, according to Kyodo. The documents show that Johnson assured the Japanese leader of Washington's commitment to the pact.

China triggered Japanese and U.S. concerns about the country's emergence as a nuclear power after Beijing tested its first atomic bomb on Oct. 16, 1964.

Sato, in office from 1964 to 1972, also told McNamara that although Japan was technically capable of building atomic weapons, it had no intention of doing so, according to documents that were routinely declassified by Japan's foreign ministry after 30 years and obtained by Kyodo.

China's Ministry of Foreign Affairs did not immediately respond to a request Sunday for comment.

Japan and China never established diplomatic relations during Sato's eight years in office, with Tokyo calling for Beijing to first recognize Taiwan.

Firefighter: Miracle no one died on Denver runway

By Kristan Wyatt
Associated Press writer

DENVER — It was a miracle that no one was killed when an airliner veered sharply off a runway during takeoff, burst into flames and nearly broke apart, firefighters said Sunday.

There was no official word on the possible cause of the crash of Continental Flight 1404 at Denver International Airport, which injured 38 people. Cockpit and voice recorders were recovered and appeared to be in good condition, the National Transportation Safety Board said Sunday.

The entire right side of the Boeing 737-500 was burned in the Saturday evening accident, and melted plastic from overhead compartments dripped onto the seats. Investigators said the plane's right engine was ripped away along with all the landing gear.

"It was a miracle ... that everybody survived the impact and the fire," said Bill Davis, an assistant Denver fire chief assigned to the airport. "It was just amazing."

A crack encircled much of the fuselage near the trailing edge of the wings, Davis said.

Davis, one of the firefighters who rushed to the scene, said the plane came to a rest about 200 yards from one of



A 737 Continental is seen after veering sharply off a runway at Denver International Airport Sunday.

the airport's four fire stations. Passengers walked out of the ravine in 24-degree cold, and crowded inside the station, he said.

The 110 passengers and five crew members left the plane on emergency slides, officials said. Passenger Emily Pellegrini told The Denver Post that as the plane headed down the runway, "it was bumpy, then it was bumpy, then it wasn't bumpy."

Cabriel Trejos told KUSA-TV in Denver that the plane buckled toward its middle and that the seats felt like they were closing in on him, his pregnant wife and his 13-month-old son, who was on his lap. His knees were bruised from the seat in

front of him. Maria Trejos told KUSA that there was an explosion and that the right side of the plane, where they were sitting, became engulfed in flames. The family used an emergency exit and slid down the wing of the jet to the ground.

The injuries included broken bones, but Robert Sumwalt, an NTSB member, didn't know whether they were caused by the impact or the evacuation. Two people were initially listed in critical condition at the University of Colorado Hospital in Denver but were upgraded Sunday, one to serious and one to fair, spokeswoman Tonia Ewers said.

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Study finds \$1.6B went to bailed-out bank execs

By Frank Bass and Rita Beamish
Associated Press writers

Banks that are getting taxpayer bailouts awarded their top executives nearly \$1.6 billion in salaries, bonuses, and other benefits last year, an Associated Press analysis reveals.

The rewards came even at banks where poor results last year foretold the economic crisis that sent them to Washington for a government rescue. Some trimmed their executive compensation due to lagging bank performance, but still forked over multimillion-dollar executive pay packages.

Benefits included cash bonuses, stock options, personal use of company jets and chauffeurs, home security, country club memberships and professional money management, the AP review of federal securities documents found.

The total amount given to nearly 600 executives would cover bailout costs for many of the 116 banks that have so far accepted tax dollars to boost their bottom lines.

Rep. Barney Frank, chairman of the House Financial Services committee and a long-standing critic of executive largesse, said the

bonuses tallied by the AP review amount to a bribe "to get them to do the jobs for which they are well paid in the first place."

"Most of us sign on to do jobs and we do them best we can," said Frank, a Massachusetts Democrat. "We're told that some of the most highly paid people in executive positions are different. They need extra money to be motivated!"

The AP compiled total compensation based on annual reports that the banks file with the Securities and Exchange Commission. The 116 banks have so far received \$188 billion

in taxpayer help. Among the findings:

• The average paid to each of the banks' top executives was \$2.6 million in salary, bonuses and benefits.

• Lloyd Blankfein, president and chief executive officer of Goldman Sachs, took home nearly \$54 million in compensation last year. The company's top five executives received a total of \$242 million.

This year, Goldman will forgo cash and stock bonuses for its seven top-paid executives. They will work for their base salaries of \$609,000, the company said. Facing increasing concern

by its own shareholders on executive payments, the company described its pay plan last spring as essential to retain and motivate executives "whose efforts and judgments are vital to our continued success, by setting their compensation at appropriate and competitive levels." Goldman spokesman Ed Canaday declined to comment beyond that written report.

The New York-based company on Dec. 16 reported its first quarterly loss since it went public in 1999. It received \$10 billion in taxpayer money on Oct. 28.

• Even where banks cut

back on pay, some executives were left with seven- or eight-figure compensation that most people can only dream about. Richard D. Fairbank, the chairman of Capital One Financial Corp., took a \$1 million hit in compensation after his company had a disappointing year, but still got \$17 million in stock options.

The McLean, Va.-based company received \$3.56 billion in bailout money on Nov. 14. John A. Thain, chief executive officer of Merrill Lynch, topped all corporate bank bosses with \$83 million in earnings last year.

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5

ways to get a better night's sleep

By Melissa Davlin
Times-News writer

We've all been there. Awake for two hours, tossing and turning, and the clock says 4:13 a.m. If you fall asleep now, you can still get in a couple of good hours of rest.

But how do you stop your mind from racing so you can enjoy your slumber?

We talked to Kurt Bywater, registered polysomnographic technologist at St. Luke's Magic Valley Sleep Institute, and Dr. Barbara Jensen, medical director of Idaho Diagnostic Sleep Center in Twin Falls, for advice on how to fall asleep, stay asleep and wake up more refreshed without medication.

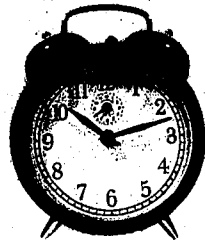
Not that sleep aids are a bad thing, Jensen said over-the-counter sleep aids like Tylenol PM or melatonin are fine as a last resort as long as they're used as directed and in moderation. Don't depend on them to get to sleep, though, or you risk dependency.

And of course, Jensen said, don't forget to get between seven and eight hours of sleep a night. Here's how.

Melissa Davlin may be reached at 208-735-3234 or melissa.davlin@lee.net.



Photo illustrations by MEGAN THOMPSON/Times-News
Modeling by Amber Wagner

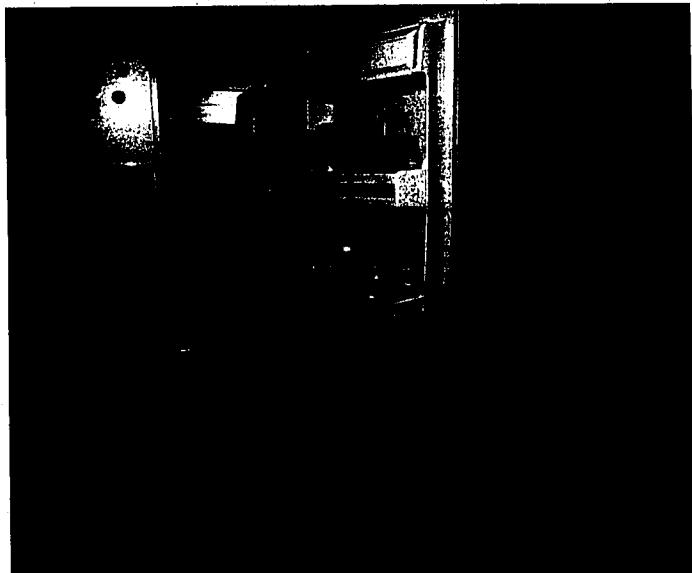


1

Establish a routine

Do you get to bed at 10 on work nights, but party until 1 on the weekends? That might be why you're having trouble falling asleep, Bywater said.

If your body is accustomed to a schedule, you will start to feel sleepy at bedtime and feel awake in the morning. If not, it will be even harder to crawl out of your warm bed at 7 a.m. on Monday morning.



Don't pig out

Gluttony has another downside. If you go to bed full, your digestive system is activated and can keep you awake, Bywater said. Heartburn sufferers should especially avoid food and drink before sleeping. Drinking too much can overwhelm your bladder, causing

you to wake up in the middle of the night for a bathroom visit. Have dinner at least three hours before bed to avoid problems.

For the record, light nibbles and tiny midnight snacks are OK. It's just as bad to go to bed hungry, Bywater said.



2

Wind down

Before bed, take an hour to relax. "I like to call it an electronic-free zone," Bywater said. Resist the urge to watch television, check your e-mail, or play video games — which will keep your brain awake — and opt for a nice bath, pleasant conversation or a book. (Just don't pick a book that is too engrossing, or you risk getting sucked in and staying up past your bedtime.) Whatever relaxing activity you choose, don't do it in bed. Your bedroom should be used for only two things: sleep and sex. Read in your office or knit in your living room, but stay out of the sack until you're ready to sleep (or have sex, which is a great way to relax before bedtime).



Avoid stimulants

Obviously, you don't want to down an espresso an hour before bed. But when do you want to cut out the caffeine?

Six hours before bed, Jensen said. If you're especially sensitive to caffeine, don't drink any after lunch.

As for alcohol, many people think booze helps them get a better night's sleep, but that's not the case, Bywater said.

"A lot of people think it makes them sleep better, and they do fall asleep quicker, but the deeper stages of sleep are delayed," Bywater said.

Jensen agreed.

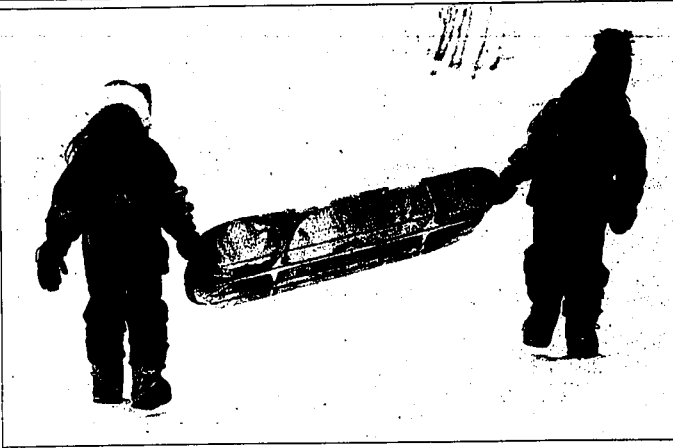
"It's being metabolized, it can promote wakefulness during the night," she said. Even worse, "alcohol earlier in the night will lead to possibly some sleep apnea." Alcohol also makes sleep apnea worse for regular sufferers. A glass of red wine won't do you in, Bywater said, but any more than that and you're courting a poor night's sleep.

And here is yet another reason to quit smoking: Nicotine can keep you awake. If you must smoke, don't partake after dinner.

Leave your worries behind

Three in the morning is no time to fuss about bill paying or projects at work. When you find yourself stressing in the middle of the night, take a deep breath and allow yourself to forget your troubles, at least until morning. If you really can't get back to sleep, get out of bed and do something relaxing until you're sleepy again. Don't reward yourself with television or a good book, though — they will just keep you awake even longer.

If it's hard to let things go, Jensen suggests journaling during the day. List your problems and think about ways to fix them, then forget about them until morning.



Five-year-old Egan Jaramillo, left, of Twin Falls, and his sister Katelyn, 6, carry their sled up the hill for another run at the Diamondfield Jack Snow Play Area in the South Hills in 2004.

Winter holidays offer options for staying active

By Howard Schneider
The Washington Post

Several options this winter: Plan a ski/snowboard/tubing day; What's Christmas, after all, without snow?

Those of you who've skied before don't need a sales pitch about the exercise you'll get — if only from trudging around in the boots and schlepping the equipment — or the fun involved.

If you've never tried, put your images of frozen toes and knee sprains to rest. Skiing does carry risks. But the hills used for beginner instructions are gentle, to say the least, and rolling around after a fall is half the fun (at least at first). And if you have kids, they'll pick it up in a heartbeat.

Still not game? Resorts typically offer snow tubing as well, where you just jump on a hunk of inflated rubber and slide down. You won't get the same workout, but at least you'll be outside moving around.

Holiday light stroll: Cambridge, Md., where I grew up, is a small town, but

Skiing does carry risks. But the hills used for beginner instructions are gentle, to say the least, and rolling around after a fall is half the fun (at least at first).

It's always spruced up nicely at Christmas. The volunteers at the firehouse gave over one of their back rooms to an elaborate train display, and the tower on top of the building was arrayed in colored lights.

Touring the lights is still for me one of the treats of the season.

Start with your own neighborhood. Some areas are more walkable than others — but if you live in a place with sidewalks and streets (as opposed to culverts and highways), give the neighbors first dibs on your time. Plan a night to leave the house at dusk and promise to spend at least an hour walking and touring the streets where you live.

Indoor video challenge: So what to do on that inevitable day when the weather stinks and you are tempted to fold

into a cocoon and start ordering mounds of Chinese food? This is best prepared for ahead of time. I am not generally a big fan of fitness videos. There are too many distractions around the house. You don't want to sweat on the furniture. The throw rugs in the basement slip and slide with every lunge.

Plus, you are bound to end up in a fight with your wife or fiancé or whomever over what to do. Yoga Booty Ballet? Or that new boxing workout from the gym in New York where the trainer wears an eye patch?

Here's my idea: Next time you see a cheap and silly video on sale, buy it and stick it on the shelf. Have your partner do the same. When there is freezing rain on a day you promised to work out together, pull out the DVDs

and do both of them. Since you each chose one, that solves the I-don't-want-to-do-what-you-picked problem (and also makes it more likely you each do something you're less comfortable with).

Eleanor and I tried this a Sunday or so ago, when a wind advisory and near-freezing temperatures kept us inside. We pulled a couple of titles from a pile of review DVDs. I picked "American Gladiators Ultimate Workout," in which the six characters from the television show guide you through push-ups, punches, dumbbell exercises and variations on the theme, all while talking a lot about butts: kicking them, tightening them, etc.

It was pretty inquisitive. "Butt" is also one of Eleanor's least favorite words and hearing it put her in a vengeful mood, which meant we spent the next half-hour learning Johnny's Mambo from the "Dirty Dancing Official Dance Workout" DVD. Hardly appropriate for Christmas, I understand. But it was that or General Tso's chicken.

To do for You

Childbirth refresher

Childbirth refresher course, 8:30-9 p.m. Tuesday, in the lobby at St. Luke's Magic Valley Medical Center downtown campus, 660 Shoshone St. E. in Twin Falls. Childbirth preparation and breathing techniques will be reviewed, along with a video tour of the Women's and Infant Center.

Cost is \$20. Pre-registration required: 732-3148.

About C-sections

Cesarean childbirth class, 6:30-9 p.m. Dec. 30, in the lobby at St. Luke's downtown campus, 660 Shoshone St. E. in Twin Falls.

Topics: Cesarean deliveries, non-conforming labors, pain management and hospital procedures. Wear comfortable clothing; bring two pillows and, if possible, a support person.

Free. Pre-registration required: 732-3148.

Weight management for diabetes

"Adult Weight Management for Diabetes and Diabetes Prevention," for adults 16 and older, will be held 7-8:30 p.m. Thursdays, Jan. 8 to March 12, in the Genoa Building

(Renaissance Office Plaza), 726 North College Road in Twin Falls.

Topics: nutrition and activity strategies to help with weight loss, and diabetes control and prevention.

Cost is \$100, payable at the first class. Preregistration required: 736-6218 or heathersh@mvrnc.org.

Diabetes prevention

"Power40 Prevent," a diabetes prevention class for ages 14 and older, will be held one hour per week for eight weeks and then once monthly for six months in the Genoa Building (Renaissance Office Plaza), 726 North College Road in Twin Falls. Starting date of the class is not determined yet.

Cost is \$125 (for participant and one support person). Preregistration required: 736-6218 or heathersh@mvrnc.org.

"To do for you" is a listing of health-related activities, events and education. Submit information by Thursday for publication in the following Monday's Healthy & Fit section. E-mail notices to ramona@magicvalley.com.

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Pushing more doctors to ditch the prescription pad

WASHINGTON (AP) — The push for paperless prescriptions is about to get a boost. Starting in January, doctors who e-prescribe can get bonus pay from Medicare.

For patients, the benefits are obvious — from shorter drugstore waits to increased safety, as pharmacists no longer have to decipher doctors' messy handwriting.

But persuading U.S. doctors to ditch their prescription pads for electronic prescribing so far has been a uphill battle. Only about 10 percent of doctors are taking the plunge like Dr. Ted Epperly in Boise, who's adopting the technology now.

Still, the movement is gaining steam as Medicare warns that its bonus payments are for a short time only: Holdouts still steking to paper in 2012 will find their Medicare payments cut.

And continuing the push for medical information technology is a key part of President-elect Barack Obama's health-reform

plans. In hopes that moving to computerized records — not just prescriptions, but all those troublesome paper charts that contribute to medical errors and wasted care — ultimately could save millions of dollars a year.

"We'd never go back," says Epperly, also president of the American Academy of Family Physicians. Patients "recognize that, 'Hey, Dr. Epperly in the information age, and my safety is better and the quality of care is better.'"

"What's a paperless prescription? When the doctor writes it by computer and sends it directly to the drugstore by computer, no little piece of paper to get lost or stolen anywhere along that trail."

Some doctors do write prescriptions via computer but then hand the patient a printout, or it arrives at the drugstore as a fax. Those don't count as true electronic prescribing.

In December 2007, 35,000 doctors were writing at least some paperless prescriptions, according to

SureScripts-RxHub, which tracks the drugstore network.

The 2008 count isn't finished yet, but SureScripts estimates that number has doubled to more than 70,000. Moreover, the volume of prescriptions filled electronically grew about 15 percent a month since August, faster than the 5 percent to 8 percent monthly increase seen earlier in the year — presumably as doctors geared up for the Medicare incentive.

The biggest reason for the paperless push is to improve safety. More than 1.5 million Americans are injured every year by medication mistakes. Deciphering doctors' chicken-scratch — was that 100 milligrams or 100 micrograms? — does play a role. But perhaps more important, electronic prescribing systems can flash an alert if the dose seems wrong or patient records show use of another drug that can dangerously interact.

Best wishes for a Joyous Holiday Season

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Caution! Holiday stress can bust your diet

By Megan K. Scott
Associated Press writer

NEW YORK — Beth Dunn is taking a scale break. Judi Moreo is shelving her Jenny Craig meals. And Thea Lobell is relaxing her fried food rule — at least for the time being.

"I'm making fun choices, and I'm enjoying it," said Lobell, 39, a professional speaker in Baton Rouge, La. She wants to lose 60 pounds.

"I'll be ready to buckle down when it's time to buckle down," she added.

Holidays are often associated with parties, goodies and the inevitable weight gain. Studies show Americans gain about a pound during the winter holiday season, and for many of them, the pound never comes off.



Holidays are often associated with parties, goodies and the inevitable weight gain.

But with many Americans stressing about their personal finances and the down economy, researchers predict more holiday binging than usual this year. And, they warn, that's going to catch up with them in the new year, even if they do try to get back on a healthy plan.

About one in five people eat to manage stress over the holidays, according to Katherine Nordal, executive director for professional practice, American Psychological Association. And people who use food as a coping mechanism eat more as their stress level rises, she said.

"I have been known to go through a bag of Ruffles in less than five minutes," said Betsy Goldman, 66, an attorney in Lake Charles, La., who calls herself a stress eater and habitual dieter. "It's not necessarily that I'm hungry. I just reach. I crave salt and if salt is not available, chocolate will do."

The holidays are a prime time for "stress eating," said Madelyn Fernstrom, founder and director of the University

How to prevent the holiday eating binge

Stressed-out over holidays, finances, and a down economy? Before you reach for the cookies, read these tips on how to control the holiday binge.

- **Think about how you want to feel on Jan. 2.** says Judith S. Beck, author of the "The Complete Beck Diet for Life."

- **Ask yourself, "If I gain a lot of weight, how will I feel?"** says Beck. "If I gain a little bit of weight, how will I feel?"

- **Rethink your goals.**

Rather than trying to lose weight over the holidays, work to maintain your current weight, said Madelyn Fernstrom, founder and director of the University of Pittsburgh Medical Center's Weight Management Center.

- **Do away with all or nothing thinking.** Many people feel they have two choices: stick to the diet or abandon it completely, said Beck. But there is a middle ground that is a lot healthier, said Beck, a cognitive therapist.

Her example: "I'm going to let myself eat 200 to 300 extra calories every single day for 10 days knowing that I probably will gain a little bit of weight, but also knowing that I'm feeling good that I'm staying in control and still eating in a healthy way."

- **Don't think one indulgence has ruined your diet completely.**

Forgetting about a diet for a day is different than forgetting about it for a month, said Martin Blinks, director of behavioral health at the Duke Diet and Fitness Center.

- **If you pick a few days and have an extra piece of pie, you're not going to do that much damage, he said. But make sure free-for-all eating does not last until January.**

- **Think about the purpose of the gathering.** Is to be with friends and family or overeat? said Blinks.

- **Observe other dieters.**

Compare yourself with people who are losing weight or maintaining weight loss, said Beck. Dieters often compare themselves with people who are not dieting and then feel resentful and deprived watching them eat, she said.

- **Be mindful of what you are eating.**

Pick and choose what you eat and drink carefully, and monitor your portions, said Fernstrom.

- **Find another coping mechanism for stress.**

"There are many people who don't eat when they are under stress," said Beck. "what do they do to cope?"

If you feel entitled to eat because you are under a lot of stress, remind yourself that eating whatever you want and whenever you want is incompatible with goal of losing weight, she said.

"And sweets and fats are what people always grab when they are stressed," says researcher Adam Drewnowski, director of the University of Washington Center for Obesity Research in Seattle.

Andrea Gully-Robinson, of Rio Rancho, N.M., said she has been reaching for the chocolate and sour cream and onion potato chips because of economic stress.

The 41-year-old resort sales manager is not making her quota at work, and her income has taken a hit because her husband is a car salesman and works on commission.

Gully-Robinson, who is maintaining an 85-pound weight loss from a diet supplement, said she tries to work out harder to balance out the extra vending machines trips. But it's not easy.

For some people, stringent eating plans don't work during the holidays.

Dunn, 37, of Mays Landing, N.J., author of the novel, "Social Climbers," sometimes attends four or five parties a week. She normally adheres to a strict vegetarian, low-carb diet but allows herself to eat what she wants, no seconds and no dessert, during the holidays. She also takes a break from exercising — and the scale until the new year.

"This is the only time I'm like this," said Dunn. While dieting breaks during the holidays are only natural, Fernstrom cautions against the "Thanksgiving to Jan. 1" might as well forget it idea. Someone in a calorie no man's land for six weeks will have a hard time getting back on track, she said.

"The new thinking is you have to pay attention," she said. "Otherwise, you will do tons of mindless eating. You will lose control and gain several pounds."

Hula hoop comes full circle

By Kathleen Hon
The Washington Post

Twirling a hula hoop isn't just kiddie business these days. Some adults are channeling their younger selves and gaining health benefits by hooping, rolling their hips and performing tricks they may not have attempted the first time around.

Marketed as aerobic exercise, hooping improves flexibility and works the abdominal muscles — and legs and arms for people who can spin a hoop around those limbs.

A little mental flexibility is also involved, says Baltimore hooping instructor Noelle Powers. During her hour-long classes, she tries to get exercisers to switch the direction of the hoop, which is more of a challenge to the brain than to the muscles.

Classes usually involve stretching with the hoop and then performing various tricks and routines: walking while hooping for example, or moving the hoop up the body from the waist, ending with a lassoing movement around a raised hand.

If exercisers can get over any traumatic memories of playground harassment, Powers says, hooping isn't that difficult. Custom hoops sold by instructors are larger and heavier than the traditional toy-store variety and more proportional to the size of an adult, so they revolve more slowly and don't take as much effort to sustain. Even with a patently it's doable, Powers insists.

"And it doesn't feel like exercise," she says. "It feels silly and childlike."

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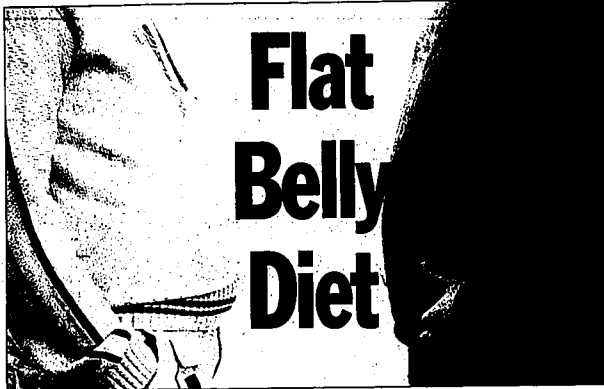
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Flat Belly Diet

Claims of slimming might include puffery

By Kathleen Mogan
The Hartford Courant

You can't go anywhere on the Internet without catching the one-liner links: "One rule to a flat stomach."

"How to get six-pack abs in 6 minutes on your couch."
"Lose 1 percent belly fat a week."

And, most persistently these days, "Flat Belly Diet."

Why are we obsessed with having concave mid-sections is a story for another day, but we can examine the new book "Flat Belly Diet."

Written by Liz Vaccariello, editor in chief of Prevention Magazine, with registered dietitian Cynthia Sass, the book's subtitle claims are bound to bring out the skeptics: "A flat belly is about food and attitude. Period. (Not a single crunch required) and 'Lose up to 15 pounds in 32 days.' And then there are paragraphs like this one on Page 41: "...let's bask in the glorious knowledge that flattening your belly might be as easy as drizzling olive oil on your next salad."

spreading peanut butter on a cracker, or oh yes — licking melted chocolate off your fingertips."

Given the likelihood that many people, post-holiday, might wish to reach for such a manual, we decided to talk to the author and to consult with other weight-loss experts.

To start, Vaccariello says she wrote the book because "67 percent of America says

The diet essentially consists of 1,600 calories a day — three 400-calorie meals and a 400-calorie snack — with a mono-unsaturated fat, or "MUFA" as the books calls them, eaten at every meal.

the belly is the body part that they most want to change... More importantly, we know that belly fat is the most dangerous fat you can have on your body."

More so than other types of body fat, experts concur, belly fat has been linked to heart disease, diabetes and other chronic diseases. So losing weight around the middle has more benefits than simply fitting into skinny jeans or looking good in a bikini.

The authors contend that research shows that diets rich in mono-unsaturated fats — that's where olive oil, peanut butter and chocolate come in — have been linked to weight loss and to the prevention of "central body fat distribution."

"Researchers don't know why," said Vaccariello, "but they do know that there is a definite connection."

The diet essentially consists of 1,600-calorie meals and a 400-calorie snack — with a mono-unsaturated fat, or "MUFA" as the books calls them, eaten at every meal. "MUFAs" are the "good fats" you probably have heard about, unlike the saturated fats found in meats or butter. Besides the foods mentioned above, the

book recommends eating MUFA-laden foods including avocados, nuts, seeds and olives.

And while the promise on the book's cover that "not a single crunch required" might lead readers to believe this is an exercise-free health plan, that's not quite so. Near the end of the book Vaccariello writes that while every "tester" lost fat and inches around the middle, "the exercisers lost more and lost it faster."

The exercise program includes cardio, weight training and plenty of core-strengthening exercises, but true to her promise, not a single crunch.

So, what do the experts say about Vaccariello's approach?

"They agreed that a 1,600-calorie-a-day diet was likely to result in weight loss and then they diverged."

Jeff Volek, an associate professor of kinesiology and also a registered dietitian at the University of Connecticut, said, "There's certainly nothing magical about MUFAs (the stomach), but having said that, the ideas and concepts promoted in the book seem to be a generally pretty healthy strategy to follow."

Volek said the biggest simulator here in terms of losing fat might not be increasing MUFAs but rather moderating carbohydrate intake, or, in other words, replacing carbohydrates with MUFAs.

Rita Anderson, a nutritionist and co-owner of Diminishing Dimensions, said she believes it is positive that the book is bringing new attention to the healthfulness of MUFAs. However, Anderson believes it is important to emphasize that "eating MUFAs and not exercising or exercising very minimally" will not eliminate weight problems. She said exercising is key to keeping weight off. She also objects to the idea that a particular diet can target belly fat.

"Weight loss occurs all over your body," she said. And she is concerned that the book promotes one diet for all its readers, not taking into account readers' weights or food preferences.

Christine Rosenblum, a Georgia State University nutrition professor, wrote in an article published in the Atlanta Journal Constitution earlier this year that "there are good reasons to include these foods in your diet, in moderation."

However, in her opinion, research showed that a diet rich in mono-unsaturated fats prevented (but did not reduce) belly fat from accumulating when compared to a high carbohydrate diet. She wrote that this is "hardly the stuff of a miraculous belly-fat burning diet."



By Linda Searing
Special to The
Washington Post

Quick Study

The topic: migraines

Clots in veins may be more common with migraines

THE QUESTION

Should people who get migraine headaches be on the alert for clogged veins or arteries?

THIS STUDY

It involved 574 people, age 55 and older; 111 of them had experienced migraines. Based on medical records and ultrasound scans of arteries in the neck and thighs of all participants, there was little or no difference in the presence, severity or progression of atherosclerosis (narrowing of arteries from plaque buildup) among those who did and did not have migraine diagnoses. However, 19 percent of people who experienced migraines had in the past experienced venous thrombosis (blood clots in a vein), compared with 8 percent of those who had no history of migraines.

WHO MAY BE AFFECTED?

People who experience migraines, which occur up to three times more often among women than men.

CAVEATS

Data on migraines were based in part on participants' recall, as well as on neurological exams.

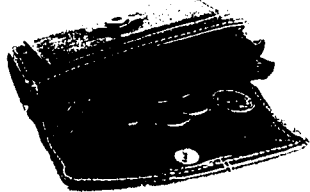
FIND THIS STUDY

It's in the Sept. 16 issue of *Neurology*.

LEARN MORE

Learn about migraines at www.ninds.nih.gov/disorders and www.fidmigrator.org.

The research described in Quick Study comes from credible, peer-reviewed journals. Nonetheless, conclusions about a treatment's effectiveness is rarely found in a single study. Anyone considering changing or beginning treatment of any kind should consult with a physician.



Fitness on a budget

The Washington Post

In a troubled economy, the cost of keeping up with your fitness goals may seem like a burden. But fitness and nutrition expert Nancy Kennedy has some suggestions for staying in shape on a budget.

- Buddy up with a friend and split the cost of fitness equipment such as dumbbells, bands and mats. Rent or swap fitness videos.
- Buy healthy foods in bulk at club stores. Prepare low-calorie meals that can last a few days, such as soups and stews.
- Save on multivitamins and supplements by looking for brands that combine ingredients.

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Books for a better workout

Learn what it takes to get in shape

By Jeanine Stein
Los Angeles Times

Do your New Year's resolutions include getting in shape? Here are a few fitness books that might suit the athlete or athlete-wannabe looking for guidance.

"Force of Nature: Mind, Body, Soul, and of Course, Surfing," by Laird Hamilton. (Fodor's, 256 pp., \$27.95)

You don't have to be a fan of Hamilton, the famed big-wave surfer, to get something out of this book, which offers a good jumping-off point for those starting on an exercise program. As well as an incentive for those who already know what they're doing. Before getting to the exercises and healthful recipes — staples of any fitness book — Hamilton talks about tackling fears, building motivation and setting goals.

He starts with basic gym-type exercises such as bicep curls, squats and chest presses, and he offers an "anywhere" workout that includes decline push-ups, lunges and something he calls "the steps," which is going up and down a hill or steps. Not everything is geared toward beginners — those with some workout experience can attempt a handstand, or balance moves on a Bosu ball.

This uncomplicated, no-frills approach to getting in shape is refreshing, considering the dense, rule-filled books on the market. Food Network star Gilda De

Laurentis offers some tasty recipes, and, toward the end, author Hudson, a professional surfer, with plenty of eye-popping photos.

"Run Faster From the 5K to the Marathon: How to Be Your Own Best Coach," by Brad Hudson and Matt Fitzgerald. (Broadway Books, 288 pp., \$13.95)

Serious runners are forever wondering how to tweak their training routines to make themselves faster and more efficient.

Fastest how to do that is often a challenge, especially without the help of a personal coach, but "Run Faster" might be the next best thing to having one. Readers benefit from the mistakes of co-author Hudson, a professional marathoner turned running coach, who admits that overtraining and not listening to good advice were his biggest mistakes. Hudson calls his training method "adaptive running," which is founded on the belief that since runners are individuals, training programs should be tailored as well. They should be fluid and able to change, to keep pace with runners as their training and goals evolve.

His methods break down into 12 categories, including consistent, moderately high running volume; lots of hill running; multi-pace workouts; and taking one rest day per week. Training progressions are charted, with the various phases, such as threshold runs and long runs, explained in detail.

Hudson also talks about muscle training, shows how to create an individual training plan and offers tips on improving performance. Chapters are mini-profiles of elite runners.

Getting through this book takes a commitment, but the payoff might be worth it.

"Built for Show: Four Body-Changing Workouts for Building Muscle, Losing Fat, and Looking Good Enough to Hook Up," by Nore Green. (Avery, 256 pp., \$19.95)

If you can get past the rather lame discussion about women and their attraction to guys with great physiques, there's good basic information on starting and maintaining a solid weight training program. Green, a personal trainer who's contributed to Men's Fitness

magazine, lays out a detailed program that's easy to follow and works major muscle groups — the ones that chicks allegedly like — as well as minor ones. Green is all about not isolating muscles during workouts, which allows smaller muscles to engage, making the body ultimately more symmetrical and attractive.

He gets points for favoring a balanced, healthful diet over supplements and for strongly advocating rest days, which are just as important as the workouts themselves. While the workouts are basic enough for a beginner to follow, they're also useful for more experienced guys who aren't getting the results they want from their current regimens.

Individual exercises are illustrated with photos, and Green explains the reason for each exercise, how to do it properly, what kind of gear is involved and how to modify the exercise if the gear (such as a dip bar) isn't available. In the section "Don't be that guy," the author explains what not to do: dips, for example, shouldn't be done with extra weights hanging off the belt while using a short range of motion.

Nutrition information is straightforward and holds no surprises — avoid high-fat dairy; eat more fish. After all this, the women are rightfully earning, don't blame Green. He's done all he can.

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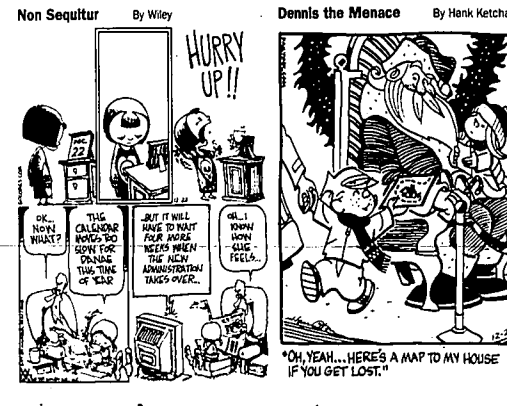
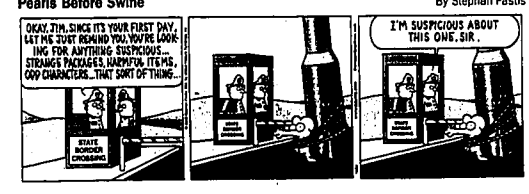
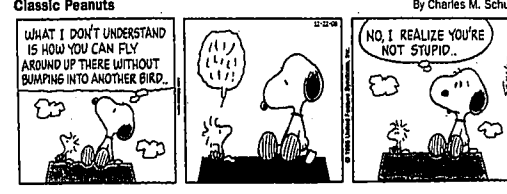
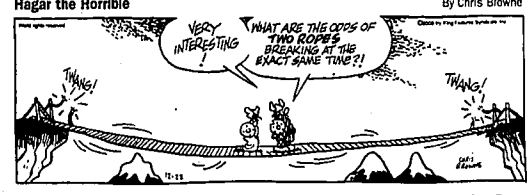
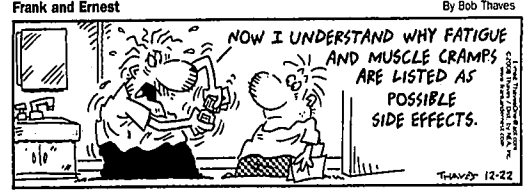
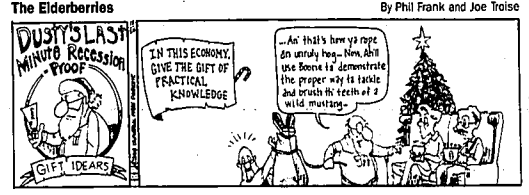
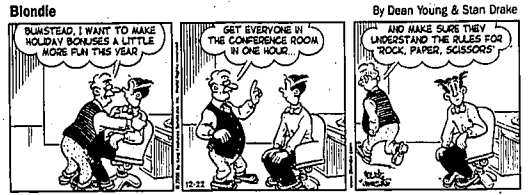
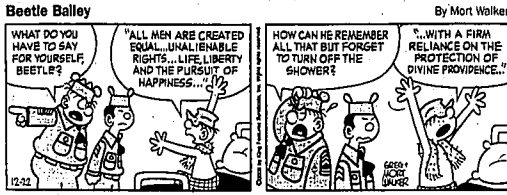
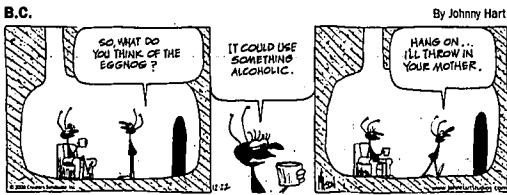
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All Boxed Chocolates
1, 2, 3 & 5 lb. boxes

735-3270
1000 N. MAIN ST. TWIN FALLS, ID.



PROFESSIONAL
Accounting Firm seeking full-time, Seasonal Tax Preparer to start immediately. Candidate should have at least 2 years experience and be self-motivated, with excellent written and verbal communication.
We offer a very competitive salary in a pleasant working environment.
Please send resumes with references and salary requirements to P.O. Box 514, Kimberly, ID 83341

INSURANCE
AMERICAN FAMILY INSURANCE
American Family Insurance is hiring an Agent in Training (AIT) position. Base pay is \$3000 per month with 50% bonuses and commissions on new business. Unlimited income potential. AIT's will work under an established mentor agent for 12-18 months before starting their own business. Please apply online at www.rfausa.com. Click on Online Agency Application. For questions, please call (208) 552-2411.

Deck the halls with a better job fa, la, la... River Ridge (formerly Sunbridge) Registered Nurses
Full-time is 32 hours per week. Part-time is 20 hours. We offer competitive pay, and full-time includes an excellent package. Apply in person or contact Beverly Nipper.
RIVER RIDGE CARE & REHABILITATION CENTER
Caring the Way to Life
640 Flair Ave West, Twin Falls, Phone: 208-734-8645

Now is the time to check out a career with Sunrise Express!
Sunrise EXPRESS
Twin Falls, Idaho
1-800-635-0825
COMPANY DRIVERS
Deluxe Late-model Equipment
Weekly Settlements
Holiday & Vacation Pay
Health Insurance • 401(k)

The Times-News Classifieds will be closed Thursday December 25th for Christmas
All of us at the Times-News wish you a happy and safe holiday.
Times-News
magicvalley.com
Place your ad online 24/7 at www.magicvalley.com

SALES
Are You Looking for a Career Change? Do You want to make a difference? Sunset Memorial Park is an affiliate of Service Corporation International, the largest provider of funeral and cemetery services in the world. We currently have career opportunities waiting for motivated Sales Professionals who care about others. We are seeking individuals with integrity, who are service minded, financially ambitious, and enjoy helping others. Experience in the Funeral Home or Cemetery Industry is helpful but not necessary. We provide excellent structured training both in the classroom and in the field in addition to a full benefit package. We currently have openings at **Sunset Memorial Park, 2298 Kimberly Rd., Twin Falls, Idaho.** If you desire the opportunity to earn a substantial income while helping others in their time of need, and in advance of need, pick up and application at our office located at the corner of Kimberly Rd and Eastland. For more information, check out our corporate website at www.sci-corp.com. Additional information on SCI's products and services in available at www.mem.com and www.dignitymemorial.com Equal Opportunity Employer

211 Medical
All advertising is subject to the newspaper's standard of acceptability. The Times-News reserves the right to edit, abbreviate, decline or properly classify any ad. Receipt of copy via remote entry (fax, e-mail, etc.) does not constitute final acceptance by this newspaper. The advertiser, not the newspaper, assumes full responsibility for the truthful content of their advertising message.

MEDICAL
HOSPITAL HEALTHCARE
Idaho Home Health & Hospice is now accepting resumes for a Full-time RN Assistant Branch Director. IHHM offers paid training for medical and dental, continuing education and bonus programs plus a COMPETITIVE SALARY. Come be a part of a caring environment. Apply at 625 Eastland Dr. or email resumes to health@idaho.com. EOE

FAX YOUR CLASSIFIED AD
TIMES-NEWS CLASSIFIED DEPARTMENT
208-734-5538

Times-News
magicvalley.com
Single Copy Coin Collector
The Times News is seeking an individual to fill the position of part-time Single Copy Coin Collector. If you are self motivated and able to work independently, then this position may be for you. You will be responsible for collection of Times News coin in business and rack accounts on daily and weekly basis, all the while maintaining and repairing the racks as needed.
This position requires some flexibility including the possibility of some weekend and evening hours in certain weather conditions. You must be able to lift up to and above 50 pounds, have a dependable vehicle, valid driver's license, good driving record and proof of insurance. This is an hourly part-time position, approximately 20-25 hrs per week depending on the workload, and includes some benefits.
Apply online at www.magicvalley.com/workhere or pick up an application from 8-5 M-F at the Times-News, 132 Fairfield St W, Twin Falls, Idaho. Application deadline is 1/2/09.
The Times News is an Equal Opportunity Employer. Pre-employment Drug Testing and Background Check are required

The Times-News will be closed Thursday December 25th for Christmas
Classified deadlines will be as follows:

To place an ad for Thursday December 25th
The deadline is: **Wednesday December 24th at 10am**

To place an ad for Friday December 26th
The Deadline is: **Wednesday December 24th at 11am**

All of us at the Times-News wish you a happy and safe Holiday.
Times-News
magicvalley.com
Place your ad online 24/7 at www.magicvalley.com

0215 Sales
REAL ESTATE
Hiring New and Experienced Agents. Receive Pay Info 1-866-511-7100 Code 1170

SALES
Part-time Sales Position open 24-32 hrs/week. Flexible w/ some Saturdays. Call Gayle at Fax Floral 208-2674

216 Trades
TRADES
Busy Transportation Company is seeking a Full Time person to perform light mechanics, maintenance on equipment and various other duties. Must have a Class A CDL. Apply to 131666 210 Times News P.O. Box 648 Twin Falls, ID 83303

301 Business Opportunities
VENDING \$5000. Call business for sale in Sun Valley, \$5000. Call for info 208-735-2430

304 Investments
DRACO INVESTMENT CORP
CASH! No Deeds of Trust, Mortgages and Real Estate Contracts. Call today for a free, no-obligation quote. (208)733-3821

400 Education
Looking for extra vacation money? The classifieds can help you sell those items you no longer need for quick cash. 733-9331

216 Trades
WELDER
Experienced SS TIG Welder, Full Benefits. Pay DOE. Call Brian or Mike at 731-0128

REMEMBER
That birthday ad you placed some time ago in The Times-News? Now is the time to come pick up your pictures. Stop by the Customer Service Dept today!

FINANCIAL
300

301 Business Opportunities
VENDING \$5000. Call business for sale in Sun Valley, \$5000. Call for info 208-735-2430

304 Investments
DRACO INVESTMENT CORP
CASH! No Deeds of Trust, Mortgages and Real Estate Contracts. Call today for a free, no-obligation quote. (208)733-3821

400 Education
Looking for extra vacation money? The classifieds can help you sell those items you no longer need for quick cash. 733-9331

401 School Instruction
MESSAGE TRAINING
Initial 108 hour Swedish training toward 500-650 hours massage therapist training. Classes evenings & weekends. Swedish starts 2/6/09. Pathology 2/10/09 & Deep Tissue 2/12/09. Classes 12 weeks long. Call 326-4870 for info Twin Falls Institute of Holistic Studies

PUBLIC SERVICE MESSAGE
Big profits usually mean big risks. Before you do business with a company, check it out with the Better Business Bureau. For free information about avoiding investment scams, write to the Federal Trade Commission, Washington, D.C. 20580 or call the National Fraud Information Center 1-800-876-7060

401 School Instruction
REMEMBER
That birthday ad you placed some time ago in The Times-News? Now is the time to come pick up your pictures. Stop by the Customer Service Dept today!

REAL ESTATE
500

501 Open House

PUBLIC SERVICE MESSAGE
Selling Property? Don't pay any fees until it's sold. For free information about avoiding time share and real estate scams, write to: Federal Trade Commission, Washington, D.C. 20580 or call the National Fraud Information Center, 1-800-876-7060.

502 Homes For Sale
BURLY Like new, great location, 5 bedroom, 2 1/2 bath home. Finished in backyard, new flooring, paint, lights and kitchen cabinets. \$500 sq ft. Won't last long. \$189,000. Call Troy 208-421-8915.

502 Homes For Sale
BUHL Beautifully remodeled 3 bedroom home. New carpet, windows, roof. \$99,900. Gated community, lakefront, 4 bedroom, 4.5 bath home with 5,332 sq ft of luxurious living. Close to golf courses and river. \$699,900. Brick, 5 bedrooms, 2.5 bath, 3750 sq ft walk-out basement. On 7 acres, pasture, water shares, live water, views. \$299,000. Call Mark 308-3030

502 Homes For Sale
TWIN FALLS 2005 For sale or lease, 4 bdrm, 2 bath, 1688 sq/ft., 2 car garage. Sprinkler system, lots of upgrades, RV pad, fireplace, extra electrical upgrades, lift master bed and bath, beautiful kitchen, plant shelves, tile, beautiful hood. \$225,000. 2352 Eastbrooke Rd. Call 981-0622

502 Homes For Sale
BUHL Beautifully remodeled 3 bedroom home. New carpet, windows, roof. \$99,900. Gated community, lakefront, 4 bedroom, 4.5 bath home with 5,332 sq ft of luxurious living. Close to golf courses and river. \$699,900. Brick, 5 bedrooms, 2.5 bath, 3750 sq ft walk-out basement. On 7 acres, pasture, water shares, live water, views. \$299,000. Call Mark 308-3030

JUMBLE
Unscramble these four Jumbles, one letter to each square, to form four ordinary words.
GOARC
TOINX
WEPERT
HOYBIS
ANS: " " " " (Answers tomorrow)
Saturday's Jumbos: TIGER FENCE PICNIC FOLEY
Answer: Ho changed the oil in his wife's car to avoid this "FRICTION"

502 Homes For Sale
BURLEY Like new, great location, 5 bedroom, 2 1/2 bath home. Finished in backyard, new flooring, paint, lights and kitchen cabinets. \$500 sq ft. Won't last long. \$189,000. Call Troy 208-421-8915.

502 Homes For Sale
TWIN FALLS 2005 For sale or lease, 4 bdrm, 2 bath, 1688 sq/ft., 2 car garage. Sprinkler system, lots of upgrades, RV pad, fireplace, extra electrical upgrades, lift master bed and bath, beautiful kitchen, plant shelves, tile, beautiful hood. \$225,000. 2352 Eastbrooke Rd. Call 981-0622

502 Homes For Sale
BURLEY Like new, great location, 5 bedroom, 2 1/2 bath home. Finished in backyard, new flooring, paint, lights and kitchen cabinets. \$500 sq ft. Won't last long. \$189,000. Call Troy 208-421-8915.

502 Homes For Sale
TWIN FALLS 2005 For sale or lease, 4 bdrm, 2 bath, 1688 sq/ft., 2 car garage. Sprinkler system, lots of upgrades, RV pad, fireplace, extra electrical upgrades, lift master bed and bath, beautiful kitchen, plant shelves, tile, beautiful hood. \$225,000. 2352 Eastbrooke Rd. Call 981-0622

502 Homes For Sale
TWIN FALLS 3 bedroom, 2 bath with extra den or family room. Approx. 1536 sq. ft. with attached 2 car garage. Perched yard with sprinkler system. Built in 2004. Located at 652 Codar Brook. For sale by owner. \$150,000. Contact Linda at 208-623-4642.

502 Homes For Sale
TWIN FALLS 4 bdrm, 3 bath, gas fireplace, 1611 sq. ft. of living space. Landscaped, 3 car garage. \$279,000. 1165 Settlers Lane Financing Available First Federal Bank 209-733-4222. Ask for Ron Reumessen or Shewna Daily

502 Homes For Sale
TWIN FALLS Location, Location, Location. 3100-sq-ft., 3 car garage, Alter cabinets, granite, stainless steel, & heated tile, built in vacuum. Would consider trade for farm. \$428,000. 1393 Stonybrook. 208-734-9773.

THAT SCRAMBLED WORD GAME
by Miss Arington and Jeff Kruvren
Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.
THE SONGWRITER WAS IN DEMAND BECAUSE HIS WORK WAS
ANS: " " " " (Answers tomorrow)

Home Inspections
www.inspection.com
For buyers & sellers Bill Baker 326-5115
TWIN FALLS Help the economy BUY A HOUSE. Flexible rent to own terms. All price ranges available. Put 10% down & get the first 6 mo. RENT FREE. Call for details & inventory. 208-735-5242
TWIN FALLS Location, Location, Location. 3100-sq-ft., 3 car garage, Alter cabinets, granite, stainless steel, & heated tile, built in vacuum. Would consider trade for farm. \$428,000. 1393 Stonybrook. 208-734-9773.

Gosner Foods
Cheese Plant Manager
Gosner Foods, a leading Swiss cheese manufacturer in the U.S.A., has an immediate opening for the position of Manager of its new, state-of-the-art plant located in Heyburn, Idaho.
Qualified candidates will have:
• Prior cheese plant management experience
• Strong dairy industry background
• Bachelor's degree in related field preferred
We offer a competitive salary and benefit package consisting of health insurance, 401(k) plan, bonuses, etc.
Send resume to: Gosner Foods, Inc. 1051 North 1000 West Logan, Utah 84321-6852 greg@gosner.com • 435-752-9365

OPPORTUNITY! OPPORTUNITY! OPPORTUNITY!
Commercial Development Opportunity!!
FOR SALE
3,800 sq ft
Retail/Office
703 Washington
Corner of Washington & Caswell. Approximately 1 acre.
High Traffic Count. Ideal commercial exposure.
Call for more details: Steve Di Lorenz 733-7653, Westerra

- ACROSS**
- Carve in relief
 - Org.
 - Sicilian volcano
 - Rustic shelter
 - Serving of corn
 - Superman's girl
 - Like some peanuts
 - Chorus syllable
 - Security device
 - Caution
 - Squirm
 - Pool tool?
 - Splattered
 - Lights out
 - Corp. bigshot
 - Sprle in "The Tempest"
 - Deceased
 - Monk's hood
 - 38 Golf course halves
 - 39 Destiny
 - 40 Walk-on
 - 41 Gets the point
 - 42 Hiking housing
 - 43 Certain examinations
 - 44 GPs
 - 45 Blake or Ralph
 - 47 Like steam
 - 51 Stick up
 - 52 Comes along
 - 53 Evaluates
 - 54 Makes one
 - 59 Slightest bit
 - 61 Make an indirect reference
 - 62 Leg joint
 - 63 Before, before
 - 64 Steiner or Swanson
 - 65 Give guff to
 - 66 German article
 - 67 Hold in high regard

- DOWN**
- Lohengrin's love
 - Anthropologist
 - Margaret
 - Aromatic unguent
 - Aware of
 - Cutout patterns

502 Homes for Sale

TWIN FALLS
3 bedroom, 2 bath.
Call 208-280-4863

TWIN FALLS
Free Home Search
www.twinfallsrealestate.com
Email: RealEstate@twinfalls.com

TWIN FALLS
10,890 sq. ft.
2300 sq. ft., \$145,000.
1800 sq. ft., \$115,000.
208-424-8292

TWIN FALLS
New home construction,
3 bedrooms, 2 bath, in
the center of Twin Falls.
\$149,000.
208-421-4176

TWIN FALLS
FINANCE. Multiple
Homes. No banks
involved. Call
\$75,000. 208-369-0705.

WENDELL \$149,000
Closest costs paid! 4
bdr, 1.5 bath, 125
37' Ave. W. 208-4477.

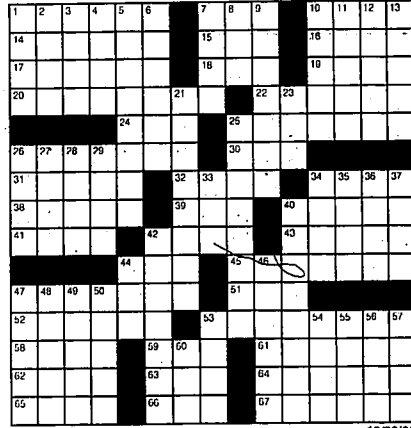
600 Equal Housing Opportunity

WHO can help YOU sell your property?
Classifieds
Call
733-0931 ext. 2
www.classifieds.com

520 Real Estate Wanted

SELL YOUR HOUSE FAST
We Buy Houses
Call 735-5242
1-800-775-7793

TWIN FALLS
HOUSE NOT
looking to add
I have a waiting list
of families looking
for lease-to-own
opportunities. If you
want your price,
call now! We can
wait for the closing
if you're not ready
yet. We'll pay your
monthly payment
made. Call
733-0931 ext. 2
Call REALTORS
Working in
Twin Falls!
This is a great
opportunity to
sell your home
fast. Call HUD Toll
Free 1-800-950-9299
or call 733-0931
ext. 2. Toll free
1-800-950-9299
ext. 2. Toll free
1-800-950-9299
ext. 2.



Saturday's Puzzle Solved

ON OFF MAD AT BAY
MORAL ACE WEAVE
OUTDO HEMANDHAW
ONSET ORIBI
DINGO CNOTES
BED LEAST GLARE
ORE LINEUP DIME
GAL ALT RAY LIP
ASPS SEENTO OLF
REHAB SABER RED
TRIPPOD GUNKY
XEBEC TATTY
PIECEWORK OHARRA
ARDOR ILL WOER
TESTS LYE NOISED

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- 37** Minus money
40 Bossy's ringers
42 Depended on
44 John's last name's last
46 Medicinal quantity
47 Stares stupidly
48 Fight venue
- 49** Viewpoints
50 Sibillat letters
53 Fruit drinks
54 Hole for coins
55 For certain
56 Access Falco
57 Line of stiches
60 Southern constellation

512 Farms/Ranches/Dairies

FILER (West) 160
acre, prime farm for
tour, full circle pivot.
208-589-5855

513 Acreage and Lots

BURLEY -
Affordable.
Waterfront Lots.
121 properties.
2300 sq. ft., \$145,000.
1800 sq. ft., \$115,000.
208-424-8292

KIMBERLY
18.95 acres 3 bdr, 2
bath, ranch house updated,
near South
Hills. Corral, pressure-
washed irrigated pasture,
Kimberly School. Call
By Owner. \$340,000.
Possible owner
financing available.
208-316-1952

TWIN FALLS 1 acre
2 bdr, 1.5 bath. High-
\$75,000. Call
420-1818 Doug

515 Commercial Property

WHO can help YOU sell your property?
Classifieds
Call
733-0931 ext. 2
www.classifieds.com

601 Classified Department

Classified Department
Representatives offer
8:00 am-5:00 pm
Monday-Friday
Call our office
in Twin Falls
733-0931 ext. 2

602 Unfurnished Homes

C. J. Property Management, For Rent - LANDLORDS Exp Professional Property Management
We are available to own
propertios to
your portfolio, 3
management plans to
choose from.
• Leasing, manage-
ment, no looking to add
• www.cjprops.com
208-734-4001
208-734-4002

521 Manufactured Homes

TWIN FALLS
Like new! Nashua
Mfg. Home 1400-
sq. ft., split floor
plan. Beautiful land-
scaped lot. Great
central location in
town. 200 First Ave.
W. #17 in Cannon
Estates. \$237,900.
Call 208-280-1911 or
208-404-4103

WENDELL 3 bdr, 2 bath, 1620
sq. ft. living space.
On foundation.
City lot.
335 6' Ave West.
First Federal Bank
Call 208-316-1952
or Eateban Martinez

RENTAL

WENDELL 3 bdr, 2 bath, 1620
sq. ft. living space.
On foundation.
City lot.
335 6' Ave West.
First Federal Bank
Call 208-316-1952
or Eateban Martinez

WENDELL 3 bdr, 2 bath, 1620
sq. ft. living space.
On foundation.
City lot.
335 6' Ave West.
First Federal Bank
Call 208-316-1952
or Eateban Martinez

602 Unfurnished Homes

BUIH 1 bdr, 1 bath,
pet ok.
\$375 + \$300 deposit.
Call 208-712-1078

BUIH Why rent 100%
furnished & seller pays
closing costs? A new
home in Buih. 800
Milver St. 738-8400

BUIH/FILER 2-4 bdr,
1-2 bath in town or
country. Rent to own.
Builder 208-2941, JV
Properties 720-1670

WENDELL 2 bdr, 2
bath, appx. deck, large
yard, electric
laundry, \$500/mo.
Til Co. Prop. Mgmt.
Call 208-264-2734
www.tilpm.com

FILER County rental, 2
bdr., 420 sq. ft. storage,
horses OK. \$750 +
deposit 208-731-4769

HAGERMAN 2-4 bdr,
3 bath, large home,
stove, garage, no
smoking 308-0208

HAZELTON County, 3 bdr, 2 bath,
2 car garage \$850
mo. \$800 deposit apply.
208-260-1378

HEYBURN 3 bedroom,
2 bath, clean, \$650
month + \$550 deposit.
No pet/smoking. Call
Povlsen Rentals
208-678-5777.

602 Unfurnished Homes

DECLO 3 bedroom
home newly renovated.
\$650/mo. \$700.
refrig., hookups. Call
841-665-6261

FILER 1 bedroom, 1
bath, \$350 month.
\$300 deposit. Call
208-731-0919

FILER County 3 bdr.,
2 bath, large rooms,
pristine holt. \$700.
JEROME 3 bdr., 2
bath, electric heat,
dish garage. \$500.
No smoking. \$675/mo.
http://twinfall.com
Call 208-738-0473

WENDELL 2 bdr, 2
bath, appx. deck, large
yard, electric
laundry, \$500/mo.
Til Co. Prop. Mgmt.
Call 208-264-2734
www.tilpm.com

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mo. \$800 deposit apply.
208-260-1378

HEYBURN 3 bedroom,
2 bath, clean, \$650
month + \$550 deposit.
No pet/smoking. Call
Povlsen Rentals
208-678-5777.

HEYBURN Clean 3
bedroom, with
single garage. Large
yard. \$650 mo + \$650
deposit. No pet/smoking.
Call Povlsen Rentals
208-678-5777.

JEROME 2 bedroom,
1 bath, pet ok.
\$450 + \$300 deposit.
208-212-1678

JEROME 2 bedroom,
\$575 + utilities.
\$225 non-refundable
\$200-2849

KIMBERLY Close to
school 2 bdr, \$975
TWIN FALLS 3 bdr,
2 bath, 2 car garage, 2 bath,
stove, garage, \$800
Call-48-36 3 bdr., 2
bath appx. fireplace,
garage, \$950 month.
The Mgmt. 733-6739

KIMBERLY New Kim-
berly Meadows home,
3 bdr., 2 bath, 2 car
garage, fenced, auto
sprinklers, dog kennel,
heat sources, stainless
appl. & front load
W/D. \$1150, 11"
tile, & security dep.
Aval. Feb. 11, 208-
961-1650 or 721-7763

602 Unfurnished Homes

DECLO 3 bedroom
home newly renovated.
\$650/mo. \$700.
refrig., hookups. Call
841-665-6261

FILER 1 bedroom, 1
bath, \$350 month.
\$300 deposit. Call
208-731-0919

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2 bath, large rooms,
pristine holt. \$700.
JEROME 3 bdr., 2
bath, electric heat,
dish garage. \$500.
No smoking. \$675/mo.
http://twinfall.com
Call 208-738-0473

WENDELL 2 bdr, 2
bath, appx. deck, large
yard, electric
laundry, \$500/mo.
Til Co. Prop. Mgmt.
Call 208-264-2734
www.tilpm.com

FILER County rental, 2
bdr., 420 sq. ft. storage,
horses OK. \$750 +
deposit 208-731-4769

HAGERMAN 2-4 bdr,
3 bath, large home,
stove, garage, no
smoking 308-0208

HAZELTON County, 3 bdr, 2 bath,
2 car garage \$850
mo. \$800 deposit apply.
208-260-1378

HEYBURN 3 bedroom,
2 bath, clean, \$650
month + \$550 deposit.
No pet/smoking. Call
Povlsen Rentals
208-678-5777.

HEYBURN Clean 3
bedroom, with
single garage. Large
yard. \$650 mo + \$650
deposit. No pet/smoking.
Call Povlsen Rentals
208-678-5777.

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1 bath, pet ok.
\$450 + \$300 deposit.
208-212-1678

JEROME 2 bedroom,
\$575 + utilities.
\$225 non-refundable
\$200-2849

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TWIN FALLS 3 bdr,
2 bath, 2 car garage, 2 bath,
stove, garage, \$800
Call-48-36 3 bdr., 2
bath appx. fireplace,
garage, \$950 month.
The Mgmt. 733-6739

KIMBERLY New Kim-
berly Meadows home,
3 bdr., 2 bath, 2 car
garage, fenced, auto
sprinklers, dog kennel,
heat sources, stainless
appl. & front load
W/D. \$1150, 11"
tile, & security dep.
Aval. Feb. 11, 208-
961-1650 or 721-7763

602 Unfurnished Homes

JEROME/HANSEN 3
bdr., 2 bath. Rent to
own. Builder 308-
2941, SV Properties
208-433-3941

PAUL 3 bdr., 1 bath,
close to Elementary
School. \$500 + \$300
dep. No smoking/pets.
Call 208-433-3941

SHOSHONE Newer 3
bedroom, 2 bath,
available now. \$650.
Call 208-678-7164

SHOSHONE/GOODY
100 3-4 bdr., 2 bath
in town & country.
Rent to own. Builder
308-2941, SV Prop-
erties 208-720-1670

TWIN FALLS
"ZERO" down \$495
month 2 bdr., 2 bath
full bath home. 50+
Country View Villa
#16. Central heat/CAC
all appls & lot
rent included. \$m
pets ok. Owner
Carry 751-0554.

TWIN FALLS NEW-3
bdr., 2 1/2 bath, 2
car garage, gas
fireplace.
No smoking. Pets
considered. Lease/
purchase option avail
1633 Falls Ave. N.
\$975 month.
208-733-8207

TWIN FALLS 2 bdr., 1
bath. No smoking/
pets. \$450 + dep.
Call 410-9800

TWIN FALLS 2 bdr., 1
bath, no pets. \$600 +
\$350 dep. 659 Main
Ave. W. 731-3131
Call 208-732-4200

TWIN FALLS 2 bdr., 2
bath, all util. incl. Ex-
cept pet. \$975/mo.,
\$525 dep. 208-9215

TWIN FALLS 2 bdr., 1
bath, kitchen appls,
laundry, storage, no smok-
ing/pets. \$500.
http://twinfall.com
Call 208-735-0473

**TWIN FALLS 2 bed-
room, 1 bath, \$500
month + \$500 deposit.**
No smoking. No pet.
208-208-1310

TWIN FALLS 2000 sq. ft., 4 bdr.,
2 bath home. \$950 mo.
Call 208-498-2600

TWIN FALLS 2551
Falls Ave. 4 bdr.,
2.88 acres. \$1200
month + \$1200 dep.
Call VPM 734-2132.

TWIN FALLS 3 & 4
bdr home, 2 car
garage, some appls,
fenced yards. No
smoking. \$895 + dep.
http://twinfall.com
Call 208-738-0473

TWIN FALLS 3 bdr., 1
bath, 1240 Blue
Lakes Circle.
208-732-0039

TWIN FALLS 3 bdr., 2
bath, 2 car garage,
great floor plan. Car-
pet. \$750 month +
\$750 deposit. Avail-
able January 21.
No smoking. \$895 +
pet. \$1,100 dep. NO
smoking/pets.
208-212-1678

TWIN FALLS 3 bdr., 2
bath, 2 car garage,
great floor plan. Car-
pet. \$750 month +
\$750 deposit. Avail-
able January 21.
No smoking. \$895 +
pet. \$1,100 dep. NO
smoking/pets.
208-212-1678

TWIN FALLS 3 bdr., 2
bath, 2 car garage,
great floor plan. Car-
pet. \$750 month +
\$750 deposit. Avail-
able January 21.
No smoking. \$895 +
pet. \$1,100 dep. NO
smoking/pets.
208-212-1678

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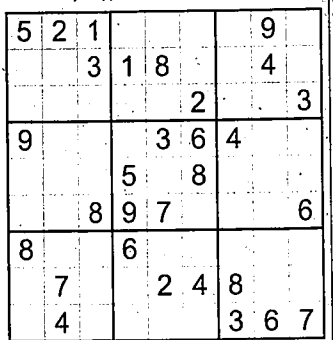
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su do ku



EASY #97

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it. There's no math involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. Find the answers for todays puzzle on page B12.

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TWIN FALLS County 2
bdr., 1 bath, no smoking/
pets. \$450 + dep.
Call 410-9800

TWIN FALLS 2 bdr., 1
bath, no pets. \$600 +
\$350 dep. 659 Main
Ave. W. 731-3131
Call 208-732-4200

TWIN FALLS 2 bdr., 2
bath, all util. incl. Ex-
cept pet. \$975/mo.,
\$525 dep. 208-9215

TWIN FALLS 2 bdr., 1
bath, kitchen appls,
laundry, storage, no smok-
ing/pets. \$500.
http://twinfall.com
Call 208-735-0473

**TWIN FALLS 2 bed-
room, 1 bath, \$500
month + \$500 deposit.**
No smoking. No pet.
208-208-1310

TWIN FALLS 2000 sq. ft., 4 bdr.,
2 bath home. \$950 mo.
Call 208-498-2600

TWIN FALLS 2551
Falls Ave. 4 bdr.,
2.88 acres. \$1200
month + \$1200 dep.
Call VPM 734-2132.

TWIN FALLS 3 & 4
bdr home, 2 car
garage, some appls,
fenced yards. No
smoking. \$895 + dep.
http://twinfall.com
Call 208-738-0473

TWIN FALLS 3 bdr., 1
bath, 1240 Blue
Lakes Circle.
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great floor plan. Car-
pet. \$750 month

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TWIN FALLS 1 and 2 bdrm, 1 1/2 bath, nice & quiet park. No pets. \$300-\$530 + \$375 dep. 736-0435

607
Office and Retail Rentals
TWIN FALLS 72A-304. Nice Office or Retail Spaces. Locations in T & Jerome. Various Sizes. Call 208-539-3997

608
Commercial Property
JEROME Office space 700 sq ft, Warehouse 2200 sq ft. \$1295 month, 1 month free rent with 1 year lease. Call 208-539-4048 or 208-324-4048

JEROME SHOP FOR RENT. Big Little Rite, Rite Aid, Benches, furnace, auto over head door, lots of parking. Call 208-539-9615

TWIN FALLS 2 bdrms for rent. Suitable for contractors, light manufacturing or warehousing. 4200' x 5700'. Avail Jan 1. Call 208-735-2111

TWIN FALLS 3 bdrm, 2 bath, family room, large 2 car garage, gas heat & AC. \$550 + dep. 208-734-7437 or 420-6025

701
Livestock/ Poultry
WANTED One baby GOAT for little girls Christmas wish. Help by Christmas. Call 208-324-8405

703
Horse and Tack
Paul Struchen Trimming We can handle all of your trimming needs. 30 years experience. Call 208-734-9878 or 208-358-3976

EQUINE
HORSE TRAILER 4 horse, stock 2 horse trailer. 2 axles, 6 bidders, halfers, 16 wheels. 85 4x4 Ford, 1200 lbs. towing. No offer will be used. 208-358-6065.

LOGAN #2 3 horse stall. \$6300. Horses, saddles, and new & used. Round pen used panels with gate & wagon wheels. See Kelly at EquiVets@msn.com. 208-736-5317

W-W TRAILER One, one-horse, burn out, 12 wheels. Excellent condition. \$1000. Call 208-239-0040

704
Pets and Pet Supplies
CHIHAHUAS Purebred, 2 females. \$100 each. Call 208-944-4375.

FOUND Dog, Spaniel. Black and white beagle. Wendy and Bob Barton. My Colar. Call 961-0459

FREE Australian Shepherd, 9 mos old, female, brown, sweet dog, good with kids, needs fenced yard. Call 431-8153

FREE Black Lab, 2 yr old, male, neutered, housebroken, gun shy, neutered, loves kids. 208-733-4924 after 3

FREE Boxer/Lab cross, 1 1/2 yrs old, all great with other kids. Call 208-647-0381.

FREE Chocolate Lab female, great male, neutered, friendly, extremely sweet. Both free to good homes only. Call 519-1547.

FREE Hound Black Lab cross puppies. Ready to go. \$200. Call 208-530-077.

FREE Kittens & rabbits. Kittens are litter box trained.

705
Pets and Pet Supplies
PUG Puppies, 2, lawn cut, 8 weeks old, both \$200. Call 208-671-8070

PUG Purebred, female, three years old, no papers. Owner has moved out of state. \$200. 208-678-6566

PUGS Fawn and black. Current shots and dewormed. Males \$100. Females \$200. Call 208-308-1075.

SHIH TZU pups. Ready to hold until Christmas at \$100, 1st deworming. \$200-\$300. Call 208-326-4142

SHIH TZU/MALE PUP, 3 weeks, 1 male, 1 female, \$250 each, all while. \$250 each. Ready for Christmas. 208-438-2939

SHIH TZU PUP, 8 weeks, 1 male, 1 female, \$250 each, all while. \$250 each. Ready for Christmas. 208-438-2939

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604
Unfurnished Apts. and Duplex
TWIN FALLS 3 bdrm, 2 1/2 bath, gas heat, no smoking, no pets. 1241 W. Ave. #700. \$600. + dep. 368-5811

TWIN FALLS 3 bdrm, 2 1/2 bath, garage, no smoking/pets. 3405 Montevideo Dr. #208-539-3997

TWIN FALLS Affordable studio and small 1 bdrm for rent. Avail. now. Including laundry and gym. Please call 735-1500

TWIN FALLS Clean and quiet 2 bdrm, 1 1/2 bath, no smoking or pets. 6913 S. 09th-0900

TWIN FALLS Large, clean, bdrm, no smoking or pets. \$360 + deposit. 420-9460

TWIN FALLS Less than 1 year old, 3 bdrm, 2 bath, hardwood/Car. AC, \$750 + deposit. Call 208-426-9317

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THE ACES ON BRIDGE

Bobby Wolff

"Skill comes so slow, and life so fast do fly. We learn so little and forget so much."

— Sir John Davies

The intermediate player is rightly frightened by the complex names given to bridge plays.

Consider today's example, where the spade slam appears to hinge on the club finesse.

While that is a small improvement on the straight finesse, you can do so much better by using the technique known as an end-play.

Endplays take all forms and shapes, but this one is about as simple as it gets, based on West's finishing shown at least six hearts.

Win the opening heart lead in hand, draw trumps, then take three rounds of diamonds.

For details of Bobby Wolff's autobiography, "The Lone Wolf," contact bry1972@aol.com

NORTH ♠ Q J 10 7 6 5 4 3 2 ♥ A 4 3 ♦ A 8 3 ♣ 5 4 3

EAST ♠ 8 3 2 ♥ 9 8 7 ♦ J 10 9 7 4 ♣ 10 9 8 7

SOUTH ♠ A K 9 6 4 ♥ A 8 ♦ K Q 6 ♣ A Q 2

Vulnerable: North-South Dealer: North

The bidding: South West North East 1 ♠ 3 ♥ 4 ♥ Pass 4 NT Pass 5 ♥ Pass 6 ♠ All pass

*Two keycards and the trump queen

Opening lead: Heart queen

LEAD WITH THE ACES

South holds: ♠ 9 7 ♥ Q 10 3 ♦ Q 7 4 ♣ J 7 3 2

South West North East 1 ♠ 1 ♥ 1 ♠ 2 ♥ 2 ♠ 3 ♥ 3 ♠ All pass

ANSWER: Given that you plan to lead a heart, the queen looks best for two reasons. First, it will remove any ambiguity from partner's mind if declarer has a singleton and the king.

Wanted to Buy

NEEDED TO BUY US Naval Aviation and submarine service for patches, documents and photos.

WANTED TO BUY: 1961 Buick Wildcat, 1962 Buick Wildcat, 1963 Buick Wildcat.

WANTED: We buy junk batteries. We pay more than anyone else here.

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REFRIGERATOR Whirlpool working cond. \$75. Treadmill Precor (49lb) various models. \$250/offer. Call 208-735-4397

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Ames, white with tan steel extra large tub. \$400 for set. 208-824-8844 or 828-1142

WASHER & DRYER

White Neptune set. Great cond. \$850. 208-324-2722 or 112, mag.

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THE FAMILY CIRCUS

By Bil Keane



...but there's a Taco Bell two blocks away."

1006 Trucks

CHEVY '01 Silverado 1500, ext. cab, 75K miles, good shape, like new, \$12,500. Offer: 208-358-1803

CHEVY '06 Crew 2500 4x4, Duramax diesel, cloth bench seat, alloy wheels. \$25,999. Offer: 208-312-0264

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GMC '09 S15 Pickup Run great! Good work truck! \$950 firm. 208-220-0264

LINCOLN '08 Mark LT 4x4, 5 speed trans, heated leather, power sunroof, load. \$21,975. #3057

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NISSAN '02 Frontier XE, 5 spd, 2 WD, extended cab, low pkg, \$9950. 208-324-0069

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Wife's casual work ethic angers her diligent husband

DEAR ABBY: I work 5 1/2 days a week (14 hours) with no benefits. I can't afford to miss a day because, on the rare occasion that I must, I don't get paid.

My wife, "Kelly," misses work frequently because she is "sick," "tired," etc. She is in the same boat as I am - no work, no pay. Kelly knows her rights and how much I hate having to work almost six days with no time off.

But she still misses work and treats it like it's no big deal. She says she understands our situation. I would like to go back to school and get my degree, but I'm afraid to rely on Kelly to pay the bills while I'm in school.

I am so frustrated with my wife because of her work ethic that I feel like exploding and screaming at her. How should I handle this situation?

DEAR ABBY: I am 13 and in seventh grade. I sit with a group of nice people at lunch, except for one. "Grady" insults us, cries, yells us for minor things, and has come right out and said he sits with us only because he likes to annoy us.

DEAR ABBY: My mother passed away 26 years ago. After her funeral, I gave her diamond engagement ring to my daughter, "Emma." Since then Emma has had two husbands and two more divorces.

DEAR ABBY: I have tried moving to a different area, ignoring him and being unpleasant so he wouldn't want to sit with us. Most of us have known Grady all through grade school.

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HOROSCOPE

Jeraline Saunders

Drive, determination and the will to conquer the odds are powerful forces you can put to good use.

and friendships while everyone is aglow with gift-giving anticipation. Remember that thriving relationships require both give and take.

CANCER (Jan. 21-July 22): Improve your credit score with the New Year. You are quite likely to receive whatever you ask for, but you have to hurry up and make your wishes known.

LEO (July 23-Aug. 22): Use express mail to send a request to the North Pole. You are quite likely to receive whatever you ask for, but you have to hurry up and make your wishes known.

TAURUS (April 20-May 20): Act for the greater good even if you have to put yourself at risk. If conversations stray to money or romance you are sure to find someone willing to come to a compromise at the other end of the table.

GEMINI (May 21-June 20): Keep the meter running. This might be the time to call in favors

Today is Monday, Dec. 22, the 357th day of 2008. There are nine days left in the year. Today's Highlight in History: On Dec. 22, 1858, opera composer Giacomo Puccini was born in Lucca, Italy.

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TWIN FALLS FORECAST

Today: Snowing at times. Highs low 30s. Tonight: Snow showers starting to taper off. Lows upper teens to near 20. Tomorrow: Less likely to snow. Highs middle to upper 20s.

BURLEY/RUPERT FORECAST

Today: Snow and blowing snow. Highs low 30s. Tonight: Snow showers starting to taper off. Lows middle to upper teens. Tomorrow: A diminished threat of snow developing. Highs low 20s.

IDAHO'S FORECAST

SUN VALLEY, SURROUNDING MTS. Travel conditions will worsen as it continues to snow off and on for many days to come. Be prepared for icy and snow-packed roads.

Map of Idaho showing weather forecasts for Boise, Sun Valley, and other regions. Includes text about snow conditions and travel warnings.

TWIN FALLS FIVE-DAY FORECAST

Table with 5 columns: Today, Tonight, Tuesday, Wednesday, Thursday, Friday. Includes weather icons and temperature ranges.

Yesterday's Weather

Table with 5 columns: City, Hi Lo, Precip, Wind, Clouds, Humidity, Dew Point, Visibility, Sky.

ALMANAC - TWIN FALLS

Table with 2 columns: Temperature, Precipitation, Humidity. Includes monthly and yearly statistics.

Barometric Pressure

Table with 2 columns: Barometric Pressure, Sunrise and Sunset. Includes current and historical data.

Moon Phases

Table showing moon phases: New Moon, First Cr., Full Moon, Last Cr.

U. V. INDEX

Table showing U.V. Index levels: Low, Moderate, High.

REGIONAL FORECAST

Table with 3 columns: Today, Tomorrow, Wednesday. Lists cities and their weather forecasts.

NATIONAL FORECAST

Table with 3 columns: Today, Tomorrow, Wednesday. Lists cities and their weather forecasts.

WORLD FORECAST

Table with 3 columns: Today, Tomorrow, Wednesday. Lists cities and their weather forecasts.

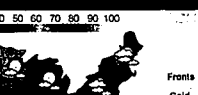
meineke car care center. 168 Addison Avenue West. 735-8296. Open Mon - Fri 8:00 AM - 8:00 PM, Sat 8:00 AM - 1:00 PM.

CANADIAN FORECAST. Table with 3 columns: Today, Tomorrow, Wednesday. Lists cities and their weather forecasts.

TODAY'S NATIONAL MAP



WORLD FORECAST



Sudoku puzzle grid with numbers 1-9.

1009 Vans and Buses. ALL VANS WANTED! Sell your vehicle for immediate CASH TODAY!

1010 Autos. CADILLAC '08 DTS. back battery, half off retail value at \$23,499.

1010 Autos. TOYOTA '07 Yaris - 3100 miles, deep blue, 2 door, hatchback, \$12,500.

1006 SUVs. DODGE '03 Durango 2HD. 60K miles, leather, sunroof, \$5,500.

1010 Autos. CADILLAC '08 STS. Navigation, leather, sport, power, sunroof. \$26,999.

1010 Autos. FORD '98 Escort, CD, AM, AT, great reliable car. \$2,800.

1010 Autos. OLDS '98 Alero. 45,000 miles, auto, air, great condition.

1006 SUVs. DODGE '03 Durango 2HD. 60K miles, leather, sunroof, \$5,500.

1010 Autos. CHEVROLET '04 Impala. LEVY '04 Impala. LEVY '04 Impala. \$11,900.

1010 Autos. FORD '98 Crown Victoria. 23K miles, leather, AC, PW, PL, cruise, \$12,500.

1010 Autos. LINCOLN '05 LS Sport. 45,000 miles, auto, air, great condition.

1009 Vans and Buses. TOYOTA '99 Land Cruiser. perfect vehicle, SUV, super charger and all the extras.

1010 Autos. CHEVROLET '07 Pontiac. 80K Powertrain warranty, auto, power, W/LM, cruise, to choose from \$10,999.

1010 Autos. FORD '07 Focus SE. auto, air, PW, PL, AM/FMCD, factory warranty, \$9,999.

1010 Autos. MERCUY '07 Grand Marquis. 75K miles, local trade, loaded, excellent condition, only \$7,950.

1009 Vans and Buses. CHRYSLER '05 Town & Country. rear air, PW, PL, AM/FMCD, alloy wheels, tinted glass. \$12,975.

1010 Autos. FORD '07 Mustang. FORD '07 Mustang. FORD '07 Mustang. \$11,900.

1010 Autos. HONDA '07 Accord LX. 15K miles, auto, AC, PW, PL, automatic, only \$11,900.

1010 Autos. MERCUY '07 Grand Marquis. 75K miles, local trade, loaded, excellent condition, only \$7,950.

Read The Classifieds Every Day! Classified Party Ads. Classified Party Ads. Classified Party Ads.